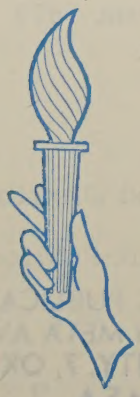
LAW OF LIFE

To Judi with much
love and appreciation
for "spiritual services
rendered" and steadfast
companionship on the
path."

Marian B.
11/80

Miller
3

LAW OF LIFE



By A. D. K. LUK

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BOOK I

Dedicated to
the people who are seeking;
and to the freedom of mankind.

PREFACE

THIS material is written as it was given and in a manner to convey the meaning as well as the *feeling* rather than to conform to literary standards. Much of the material is taken from class notes (not from books), and some is inspirational, with enough fundamental knowledge to make it practical.

This compiled information consists of vital points from instruction of a new presentation of Truth and of actions of the Sacred Fire given in class work over a period of several years.

Statements, points of law, bits of truths are compiled here so they will not be lost to the world. May they be of real worth to those interested!

From observation in groups and individual instruction, we have tried to bring out important points which were needed or required clarifying, as well as those which would be of assistance.

Statements are presented as they were given. Some may seem repetitious, yet each gives or stresses a different point or angle. Not wanting to change statements as originally given by the Ascended Masters or that were received by inspiration, both are used. One may "click" with one person and another with some other one. Since each consciousness is different, one presentation may not register with everyone. Repetition is good and needed by human beings. Statistics show that the average person has to hear a thing several times before he comprehends.

We have endeavored in this book to present points of law not given elsewhere. And also some of the essential material since it is not readily available in a concise manner. We have here tried to give enough on fundamentals, understanding and application to make it practical in a comprehensible way for beginners in this type of instruction (the law of life), as well as for students of the various teachings and those more advanced.

This instruction gives knowledge about the Ascended Masters and Their Plans, Their activities and Individual services, to mankind and the Earth at this time; also explains how to invoke and draw forth this assistance so much needed.

This Ascended Master instruction is educational, not just religious; it is a science as well as a religion. It is no "ism" or "cult." It is educational, the understanding of life, based on the law of energy and vibration. This teaching is scientific and covers every phase of life including religion. Most people have looked to their religion to give them understanding of the "unknown" or "other side" of life. It is Retreat work. It explains how to cooperate and work with the Brotherhood of Masters on current activities and requirements, rather than studying literature of hundreds or thousands of years ago. It gives an understanding of fundamental truths—universal law and principles, with practical application, and is not just some dogma or creed.

All that is asked of students is to accept their own God-Presence.

The great need today is for individuals to know of and

accept their own God-Presence, the Ascended Masters and Cosmic Beings Who are *one with It*. Such acknowledgment is the open door, making the individual a channel for the Great Ones to pour through Their blessings to assist mankind, and expand the light of the world.

This instruction, given by the Ascended Masters at this time was given only in Retreats heretofore, and some of it was not given even there.

Through this instruction one can make direct contact with his own God-Presence and attain perfection.

Our destiny is perfection. Jesus said, "Be ye perfect." He manifested perfection through this same understanding that is now being given to mankind in the outer world. He learned it in the Retreats and from secret Orders at that time. By this understanding and application He was *Master* over outer conditions, even over death—the last enemy to be overcome.

This teaching is the law of life and its conscious application. This instruction teaches, explains and makes clear certain phases—fundamental laws of everyone's life and teaches the practical application that has not been given in a concise manner, in the outer world before.

First — the knowledge and whereabouts of each one's Individualized Presence of God, Who gives him life.

Second—the Protective Pillar of light.

Third — the use of the Transmuting Flame.

Fourth — the Ascension, the goal of each one's life.

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ASCENSION

Dear Serapis and Brotherhood
We give our love and gratitude,
For bringing the Ascension Flame
To safety when from Atlantis You came.
Sustaining It for centuries
In the Ascension Temple of Purity
At glorious Luxor on the earth,
Essential to free man from birth.

Oh, Spirit of Ascension Flame
Great Being, we call in Thy Name,
Expand Thy Light in every cell,
Through our attention to Thee when we call,
To loose Thy Flame through each dear one
'Til victory, the Ascension is won.
We return "Home" for-evermore
In the Light to come forth no more.

We invoke Thee into action,
Bring about mystic transmutation.
Expand the light from head to feet
'Til with Thy Flame in Cosmic action meet—
Again raising each consciousness
To Thee by Thy complete selflessness;
And Gabriel's Resurrection Flame,
Dear Spirit of Ascension Flame.

(Tune: Aloha Oe—this melody came from Mu.)

COSMIC LAW

THERE are certain activities of the Sacred Fire being released to mankind now which were formerly not permitted by the great Cosmic Law. They were only given to those who qualified and secured entrance to the Retreats of the Masters.

Through a special dispensation this instruction has been permitted to be given to mankind en masse.

Through the release of waves of Cosmic Light and then its constant increase, many actions of the Law in regard to manifestations for mankind have changed. The Cosmic Law itself does not change, but phases of the law to produce results or manifestations and means of operation and application are changed at certain cycles, to suit the consciousness of mankind. Therefore certain phases of occult laws formerly used have become obsolete under this new dispensation.

Within the last thirty years many actions of the Cosmic Law have been changed. Much has been explained and clarified and is now known, which was not permitted before. Occult means hidden, and secrecy is not the order of the new age.

The constant release of Cosmic Light is one reason for this instruction being permitted at this time. This is a

point not understood by some occult students, so they may feel that the giving forth of certain instruction to the public is over-stepping the bounds.

Because of the great need and the closing of cycles the Ascended Master Saint Germain was enabled to secure a dispensation to release this instruction which He had formulated on the inner planes during the last few centuries. He then began to draw together lifestreams in embodiment with whom He had close connections, and with whom He had worked through the centuries. Many responded, and of course many did not for one reason or another. As these students made the calls in groups, particularly, and individually, more and more Cosmic Light was released. This enabled certain phases of the law to be set into action, not heard of before.

At the half-yearly Council at the Grand Teton conclave January 1, 1931 the old occult law was set aside. Cosmic fundamental Law never changes but its means of presentation, application and manifestation is changed according to the needs and status of mankind's consciousness from cycle to cycle. Certain phases have been taught by all the various esoteric teachings or orders through the centuries.

This is the understanding Jesus had as well as every great teacher or avatar, taught secretly to those close to them or to those who could understand. Jesus said: "I of Myself can do nothing. It is the Father in Me that doeth the works," indicating that God was the doer and not the outer or personal self, the ego or body. Now, who was the

Father He referred to? It was this Individualized God Presence that says "I AM." It was not just an abstract idea or principle, but a Being of Whom He was aware, to Whom He could call (or invoke) and Who worked through Him, manifesting the miracles and God qualities.

Jesus knew His mission and the example of the ascension He was to leave to mankind. He said: "These things I have done ye shall also do," and in that He also meant the ascension, which is the *goal* of every lifestream. However, mankind, through the centuries have had their attention on and stressed the crucifixion, which they are experiencing and outpicturing now, instead of the *ascension*, showing that what the attention is on we draw unto us or become. That is law, a scientific fact. When you give your attention to a thing your life energy feeds into that, your attention makes the connection, and on that attention the quality with which you connect comes back into your world. As an example, take an automobile accident, which many people have experienced; for hours or days afterwards such an experience is uppermost in their consciousness. Some even become ill from it. Now if it can be done with a destructive quality, the same law applies in a constructive way. Therefore when we learn of our own Individualized Presence of God and the Masters Who have become ONE with It, we can draw Their qualities into our worlds instead of destructive qualities.

There is much good in every teaching and religion. In each are many universal and essential elements. Each one was planned on the inner planes by the World

Teacher and Those in charge of that activity before it was brought forth into the outer world. Each one presented a certain portion of the law in a comprehensible way and in a manner adaptable to that time.

Through the centuries, of course, many human concepts have crept in and beclouded the truth; yet we should be open minded and alert enough to recognize the truth in each one or wherever we come across it. It is said, "Truth is its own defense," but it must come through human effort in the human realm. Truth from the human standpoint means the action of human qualities, as understood among mankind.

In order to attain mastery one need not acquire all knowledge of a universal scheme of things, but one must definitely have certain understanding, application and discipline before he can manifest mastery.

Some people have been taught that they may not ask anything of God or the Law for themselves. This, evidently originally meaning gratification of self, or wholly personal desires, is correct. To be of greatest service or to do work "well done," certain requirements are essential. Since mankind is in these limitations and the Law requires the call from the human realm, it is not wrong to call for what is required for service and to enable one to live a better life. We have to get over the old occult idea that we can't use knowledge of perfection to help ourselves. They certainly had to in Retreats. When admitted, for instance, to the Retreat at Luxor, they had to draw forth from within their own light what was re-

quired—that is food, etc. If they didn't they would starve.

Now it is different. We are given the knowledge right out here in the outer world, which was formerly given only in Retreats. Instead of having to precipitate everything direct from "the universal" we are taught how to make application; how by calling the Presence into action one can cause to be drawn to himself the things required, which are already physically manifested. The Presence as the governor of the universe can manipulate and adjust conditions and circumstances to give one what is required in the service to life. That is a form of precipitation, but a slower process than instantly condensing it from the universal. This power is only one (small) part of the Law, and not *so* important, from the inner standpoint.

This is *law*. We are dealing with Law — the law of energy and vibration; not someone's opinions, concepts or theories, but *law,* universal and cosmic law which is impersonal, that never did and cannot fail. If one action or phase of it failed it would throw the universe into chaos. It can no more fail than the universe can stop its action. The Cosmic Law is an activity directed by Cosmic Beings. When one thinks it does not work, or it seems not to work, it is because it has not been applied properly or correctly, or sufficiently. It is not just a matter of saying so many words or saying them so many times, but a matter of *releasing* enough energy or *a feeling that releases the currents from the Presence* which produces the manifestations. This is *law*—and law is law. When one gets the

feeling that it does not work, that he has applied the law and it didn't work, then there is some doubt in the consciousness; that is giving power to a force other than God, showing that the principle of the law has not been grasped. The commandment "have no other gods before Me!" means just that, to not give power to *anything* else.

We are facing great changes of the Law. New Year's Eve, 1930, the old occult law was set aside by the Cosmic Being known as Victory. The great Cosmic Being known as Cosmos came forth in August 1939. His coming forth has changed the laws, activity and vibration to the earth. When the old occult law was set aside, that moment mankind was released from secrecy. Simple is the law of life.

We are dealing with reality—not in abstraction—abstractly or abstrusely. We are dealing with a definite *law*—that is life called into action.

In order to be free you must prove the law. You *can* prove these things to yourself. It is law, and law (correctly) applied brings results. It is as scientific as your electricity or radio and *will work*. When one takes hold of a live wire it acts regardless of all opinions that it is only a wire and not charged. That is according to the *law* of electricity; likewise are we dealing with the *law* of life. It has been proven to work by some even without faith. However, faith is good and we should have it; it may greatly intensify the action.

Experience is the law of life acting to convince you—to make you realize its action. To intellectually know a thing is one thing—but it is another thing when you

prove it, then you *become* the law. In former times those who served the Light went through limitations because they had only a fragmentary knowledge of the law.

There is an inner and outer action of the law. Sometimes the Masters speak of the inner, sometimes of the outer action.

At the time of Richard the Lionhearted, during those fourteen years when he was impelled forth then such a point in the activity of the Cosmic Law was reached when an activity similar to the one now could have come forth.

Through this understanding and activity much has been accomplished and much avoided which would otherwise have taken place. The application and cooperation of students with the Great White Brotherhood has enabled forces to be handled and adjustments made through human forms, instead of through cataclysmic action—even the transmuting of etheric records which are sustained by thought and feeling from generation to generation. The accumulation of this eventually results in cataclysmic action, at which time the "great Law" permits it to be consumed or transmuted. The Masters are trying to avoid as much destruction and to save as many people as possible.

PRINCIPLE

No matter what religion or faith an individual believes in or what metaphysical or occult teachings he may be following, they all eventually lead to the same vital and focal principle — the knowledge and awareness of the I AM Presence. No one gets into the higher realms and

cosmic development except through his own Individualized I AM Presence.

The unascended masters in India have touched on this principle. They have contact with their I AM Presence, although they may call It by another name. They would not reveal this fact or even speak of it in those terms. but they have made the inner contact and are aware of their own Presence.

The I AM Presence is the all-pervading principle in life, the most divine activity in the universe. It is the only active principle each one has. It is ever striving for expression to produce perfection through each form.

The first principle of life is to love. That is the nature of every individual. Love is the fundamental principle of all creation.

"I AM" is the life principle and intelligence in your body. It is the principle of life expressed through Jesus. Real intelligence is not an activity of the intellect, but comes from the God-Principle, the Flame—"I AM", and uses everything constructively.

The three principles, faith, hope and charity (love) are always active in mankind.

THE WORD or WORDS "I AM"

"I AM" is the creative word; the initial word that produced creation and from which all creation springs. The words "I AM" are the cup—the two cups that carry the power into outer activity. The use of the word "I AM" denotes *individualized being.*

The word "I AM" as spoken in English releases the energy from God, your own Individualized Presence, which is your Source. That Presence is the fount of energy from which you receive, every moment of your life, the energy that keeps you alive. When you say the words "I AM" then you invoke life. To think or speak those words draws life into manifestation.

Have you ever thought that you use "I AM" preceding all you do in your daily activities, either in thought, feeling or spoken word; and that no other person can say or use that expression for you? On awakening in the morning you think or say before you get up "I am going to get up." "I am going to get breakfast." "I am going to work;" and so on. In everything you do you use the expression "I AM." When used, it draws forth and releases more, or added, energy into your world to perform the act you desire.

The expression "I AM" as used in English has ever been used all through the ages from the beginning of the world. Although that secret knowledge was lost to the masses, it has always been known and used in the Retreats. Jesus said death and life are in the power of the tongue; meaning the use of the word "I AM", and if you will notice, He preceded His important statements with the word "I AM". Most people are familiar with these statements: I AM the light of the world; I AM the light that lighteth every man; I AM the resurrection and the life; I AM the ascension in the light; I AM that I AM. Also, the light of the body is the eye (I AM), if your eye

be single your body will be filled with light. These statements have lived through the centuries and remained unaltered; they could not be changed. They still carry the same meaning and potency. "I AM" is the so-called "*lost* word." The word itself was not lost but the inner or real meaning, understanding, use and power, were lost to the consciousness of mankind. When you use I (or a form of it as me, my, mine) never use a negative word following it.

Life is the *ALL* and says "I" to denote individualization. An individual says "I." Sight is the same frequency as "I"—eye. "I" is when light looks within itself; that is the attribute of sight—the eye, the same as "I" when it individualizes itself. When you say "I AM" that is the first announcing. A new born baby's first cry or sound means "I AM", announcing its individual identity here in the physical realm. Birds and animals do not use or say "I AM", because they are not endowed with the power to say "I AM".

The word "I AM" is recorded in the Grand Teton Retreat, in every language of every civilization that has been on the Earth.

The sound "I AM" is the same tone as used in the first Golden Age.

COSMIC LIGHT

The Cosmic Light is a release from the Central Sun. Cosmic Light is substance definitely qualified by Cosmic Beings, drawn and projected in rays to do a specific thing. This Cosmic Light released, which is the activity of the

substance of light, is not just a universal activity. This Cosmic Light is not the universal cosmic light, but projected consciously from the great Central Sun by Cosmic Beings. It is consciously projected self-luminous, intelligent substance. It is projected by Great Beings from the Central Sun to this system of worlds.

The cosmic light of science is not the Cosmic Light we refer to. It is concentrated light from the Central Sun. What science knows is accumulated cosmic light in the atmosphere. Cosmic Light is self-luminous substance; the light science knows is static or still light. Eventually this Cosmic Light will become the atmosphere of earth.

In the release of the Cosmic Light is an impelling force, impelling each individual lifestream to take on a different activity.

The Earth, the wayward child, must come back, if necessary, by force. This force is the power of the Cosmic Light, which takes command of the feeling world and moves each one forward.

The release of the Cosmic Light to Earth has not only permitted assistance to be given Earth in transmuting the accumulation of the ages, but it is the authority over the human, and in its increasing action it has made more and more achievements possible.

The Cosmic Light says once again mankind must be set free from the sweat of the brow for its livelihood.

Release of Cosmic Light means that we must hold firmer control over ourselves. Perhaps we may feel only a great calm stillness—the rapidity of vibration being so

great that we may not even feel it. That will happen many times upon release of Cosmic Light in the future.

When the Goddess of Liberty (Spokesman of the Karmic Board at that time), gave Washington his vision, then began the great spectacle. The Goddess of Liberty Herself went to the Central Sun to intercede for the Earth. This Cosmic Light was sought out and brought forth by Her. When these waves come, it is at Her call. She is the outpost for them.

The students are calling to this mighty Cosmic Light that is being consciously directed by Great Beings from the Central Sun. The Cosmic Light has become the initiator for the new age. Mankind get their initiations right here in the outer world in daily living, instead of in the Retreats as formerly. Their initiations are in the world of reality. There is this change in the action of initiation. While in the Retreats they were no less real to the individual, yet those images were conjured up for a specific test.

The release of Cosmic Light increases the energy in all life as well as in individuals. Also, when we come into the understanding of our Individualized Presence the stream of light from It is increased, whereas formerly this took place only at the time of initiations.

Because of the calls from the students more and more Cosmic Light has been released. This light pushes discord back to its source, causing it to return to its creator for redemption more quickly than formerly. This causes distress and increased disease; also it is outpicturing in storms and destructive activities of nature. This always

takes place at the incoming of a new age; which causes fear among some of mankind.

These conditions can be handled, minimized and transmuted by the use of light rays consciously directed. One can project a consciously qualified light ray into the condition and hold it there. Knowing it is the light from the Presence and the Masters flowing through, producing a flame that does the work — changes the condition. It is not the personal will. The more one can completely let go and just enjoy it the greater and quicker the results will be made manifest.

In a park near Los Angeles in the early summer of 1937, it was noticed that the growth in some trees and shrubs was three times that of previous years. This was attributed to the release of Cosmic Light.

The Cosmic Light has said to Earth, "You must expand more light." How does the Earth expand more light? The Light is expanded through its people.

INITIATIONS

Some literature on Initiation tells of the Presence being revealed at a certain initiation. What Presence is that but your I AM Presence. It also tells about the fire passing through the initiates' inner bodies. To correlate: In the instruction the Master Saint Germain brought forth on the I AM Presence and how to call It into action, when applied one gets a similar action to that of initiates. Now in the new cycle through this understanding and use of the Transmuting Violet Flame it enables people in the outer world, not having occult training, to get similar re-

sults, and even greater. This has provided ways and means by which mankind can use the actions of the Sacred Fire without the initiations as formerly required. Through this they can not only purify, perfect and make great strides of progress, but also much can and has been done for the masses and the Earth, especially through group work.

The release and intensification of the Cosmic Light enabled the Ascended Masters to come in closer contact with mankind and to give many Dictations to groups of students. This action has provided assistance similar to that which is received at initiations.

In this cycle, with the understanding and use of the I AM Presence and Transmuting Violet Flame, the one on the Path does not have to go through the severe tests, as was the order of the day, formerly set forth through occult teachings.

You can set the law into action and transmute karma* and never have to look upon it as initiates had to in the previous cycles. Right here in everyday life in the outer world tests come, but we have the way and means to handle them.

CYCLES

We are at the closing of a 2,000 year cycle and entering into the next, and last, 2,000 year cycle of a greater cycle of 14,000 years, as well as a great cosmic cycle con-

* Karma will be used here as meaning the destructive, and all imperfectly qualified energy, and its reaction. The constructively qualified energy, the good karma, will be referred to as accumulated good.

cerning all the systems around the Central Sun. This is a moving forward or step up of each system, therefore, likewise, each planet in each system moves up to the next place.

Some people feel they have eternity, and want to take it easy instead of getting into action. They don't want to enter into the *cosmic push*. They do not realize that there is only a short time for this great opportunity we have at this time; and, that they do not have eternity if they wish to come along with the Earth. There are cycles within cycles. This time there is no receding; we will go on and on in expansion of the light.

There are cycles which come at certain times during the year when there are greater outpourings than usual. These are the Christmas Season, from Thanksgiving to about the middle of January; Easter time; around the first of July; and around the latter part of September.

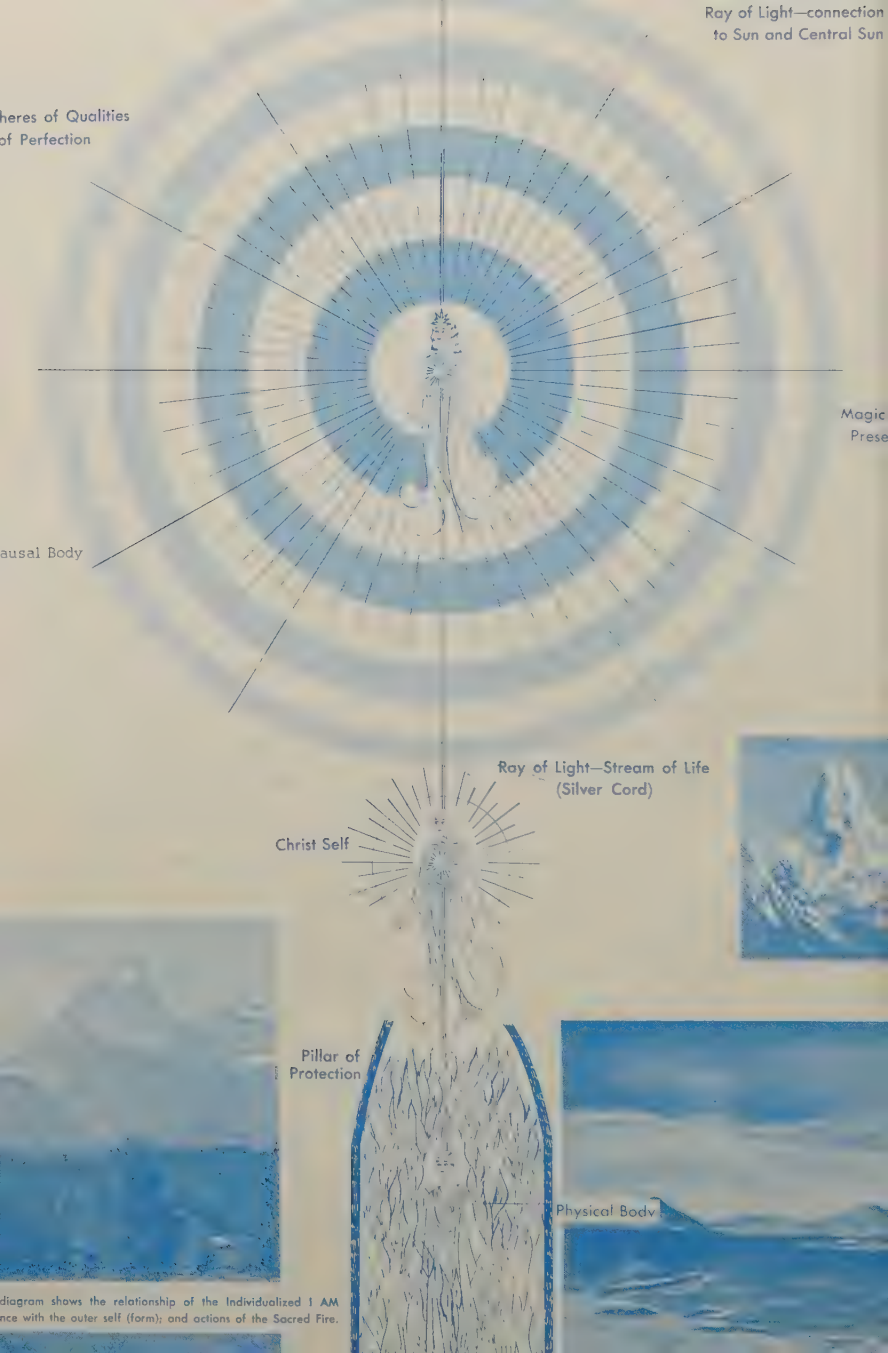

diagram shows the relationship of the Individualized I AM
nce with the outer self (form); and actions of the Sacred Fire.

MAGIC I AM PRESENCE
(Explanation of Diagram)

The physical form—you, your outer self, is at the bottom. Above or over that is the Individualized Presence of God—the Magic I AM Presence, your Source. It is in a body of light substance. If you were to see It, It would appear in a form similar to the physical body, but vibrating at a much higher rate; therefore, It is not visible to the physical sight. It is a living Being, intelligent, real, in blazing light. It is a focus of all the God powers that your outer self may draw upon. It supplies the outer self with life, intelligence, power, action. Man enjoys all Its powers but does not understand it. You can speak to It as you speak to a friend. Jesus called It the "Father."

Rays of intense white light pour out from the Presence; some large and many smaller ones.

Around the Presence are spheres of light substance in colors of the seven rays, and the various tints of each ray. In the center is the white light, the natural radiance of the Presence. Outside of that is a sphere of electric blue. (On a flat surface they are portrayed as circles or bands of colors, but are in reality spheres.) Outside and around the blue is one of yellow. Then around it a beautiful pink; around that crystal white; next is an apple green; then the ruby (or this may be gold); and the outer sphere is violet or purple. These are in order of the seven

rays, and they inter-blend. That is known as the Causal Body which contains all the accumulated good—the constructively qualified essence of that lifestream through the ages; created both while in embodiment and between embodiments. These spheres vary with each individual in size and quality.

White rays from the I AM Presence pour out through these spheres of colors, utilizing the qualities there in Its Cosmic action. They are the action of Divine mind and love by which the Presence carries on Its creation at Cosmic levels.

From the heart of the Presence is a ray of light extending down, entering the human body through the top of the head (where the soft spot is in a newborn child), and it is anchored in the heart. This is the stream of life that beats the heart and keeps the person alive. When it withdraws so-called death ensues. In like manner, the Presence is connected by a ray of light with the Central Sun through the Sun of the system. The ray of light from the Presence (Silver Cord) enters the top of the head, goes to the heart, and to the base of the brain (the medulla oblongata), and from there is distributed by tiny threads of light to every cell of the body. This is how your body has *life*. This is an unconscious action on the part of the outer self but consciously carried on by the Christ Self (Higher Mental Body) and Body Elemental; there being distributed enough light for the body to function properly in the physical to render the services in the outer that the Christ Self wants to do in that embodiment and

fulfill the divine plan. In mankind today much of the energy is drawn down by the outer self and used discordantly in the various human expressions, but it should be poured back in love to the Magic I AM Presence, thus completing the circuit. That is the right action.

Around the human form is a Pillar of Light. It is established, or placed there, by the Magic I AM Presence, at the call of the outer or personal self. This Pillar of protection insulates the lower bodies from the vibratory action in which one must move.

Within the Pillar of Light can be established the Transmuting Violet Flame of Divine love, mercy and compassion. This also is done at the call of the personal self, and can be activated at any time to any degree, depending on the capacity of the individual. This is how one can redeem karma — the destructively qualified energy of all lives, all mis-use of energy of the lifestream as well as that accepted from without. This accumulation is condensed around the physical form. In between embodiments this accumulation stays in the atmosphere of Earth while the individual sojourns into the realms of light. At re-embodiment most of it is held in abeyance until around the fourteenth year, when it is returned to the individual, its creator. The Pillar of Light and Violet Flame interpenetrate each other.

Above the physical body is the Christ Self (Higher Mental Body), called the Higher Self, It is also known as the Guardian Angel. It abides between the Presence and the outer, or human form (usually not illustrated). It has

been provided by the Presence to act for and take care of the requirements of the outer self. It is the only begotten Son of God. The Christ Self is the action of the Presence that knows Its perfection and also knows the imperfections and requirements of the outer self. It is endowed with the discriminating intelligence to act in the outer. It might be termed a step-down transformer with the capacity to act in the lower realms. The Christ Self does not accept any imperfection of the outer but remains wholly pure and perfect. It is an intelligent Being in a body of light, has form but of a lower vibratory rate than that of the Presence. It is the vehicle through which the Presence acts in the physical realm. Therefore when you call to your Presence, in reality the Christ Self performs the service. The bodies of the Presence and Christ Self are just as tangible in their own realms of vibratory action as the physical body is here to the physical senses.

The diagram represents your own Individualized Presence of God, "I AM", in Its relationship to you. A picture is an outpost of what it represents. A picture is the greatest focus of any Divine Being or inner activity in the outer world. The diagram or chart is the only explanation of the truth of this law. It is an eye picture of the release of the power of the universe which knows no opposite. The knowledge and understanding of the Presence and Its action is your freedom. The diagram (chart) shows the trinity of your faculties acting at one point. It is a trinity of action. It is the action of the Three-fold Flame. In every activity in the universe there is a trinity

of action—love, wisdom and power which in the knowledge of the Presence becomes *one*. The chart is only an outer picture of It; one needs, then, to make effort for the realization of It. That is what these teachings are trying to do, to *realize* God. Contemplate the Presence — the chart at night. Keep feeling, *feeling* It is your powerhouse. One can hold a steady gaze upon the upper figure until a funnel of light forms between you and It, especially on a colored chart. Most important is your knowledge, understanding and acceptance of your Individualized I AM Presence in relationship to yourself as represented on the chart.

Even an individual who is doubtful, if he were to look at the chart sincerely, wanting to know, for five minutes each day, he would get his proof.

THE I AM PRESENCE

When you call to the Presence, you are calling to the Presence of everyone in the world. Even earnest students do not realize what a power their call to the Presence is.

Contemplate life. Where does it come from? From the Magic I AM Presence. Without that life, light, energy, flowing into you from the Presence you would have no intelligence, thought, feeling or action. Therefore you can see that it is the action of the Presence of God. The Presence is the doer in every way. So as to make the outer self accept the fact you can say to your Presence: "It is my Magic I AM Presence making this call; it is the Presence acting and also answering it."

Because mankind have turned away from the light, (although there is the connection with their Presence through the ray or stream of light into the heart), each one must now again make a *conscious* connection with his Source; make contact with his own God Presence anchored in his heart. To go on into greater expansion and cosmic activities it is one's own I AM Presence he will progress in or through. No one can get away from that no matter what the teaching is.

Each day, hold the attention definitely and unwaveringly on the Presence even if just for a short time.

Try to realize when contemplating the Presence, that in *It* are the powers of the universe, given to you as a gift of Divine love.

Attention to the Presence is the most powerful thing in the universe, but the attention must be held unwavering for a time. Knowing the Presence, you now have a point of focus on which to anchor your attention.

Give attention to and become acquainted with your own Individualized Presence of God—the Magic I AM Presence.

Since we of our own free will have turned away from the Presence of God, It will not act in our world except by invitation. As you give attention to and call to your Presence It will expand more and more through you. And as less attention is given to discord and the Presence expands and increases Its light in you, the shadows and limitations will decrease.

Distance of the Presence — your consciousness deter-

mines that. Its closeness is according to your thought and feeling. It is not a matter of distance according to the human sense of space. In cosmic reality the Presence abides in a certain realm of light. If the Presence and Causal Body abided in the atmosphere of Earth, how could any discord or imperfection be here? The Presence in actuality is not in Earth's atmosphere. It is a Being of a four dimensional, and even higher dimensional action, but of course in radiance It can be as great and as close as you accept It. It was said that if the Christ Self came as close as three feet to the outer self, the latter would become blazing light.

The Presence is constantly active at cosmic levels. The energy in the Causal Body is not stagnant. The Presence directs light rays through It and utilizes the accumulated good in cosmic creation. The Presence knows not of the human creation of the outerself, but the Christ Self does. When one is purified and harmonized sufficiently the accumulated good in the Causal Body is released into one's outer use.

The Three-fold Flame in the heart is a projection of the Presence, but the greater part is above. More and more of that Presence can be drawn forth and made manifest through the physical form. Even where the Presence is portrayed close to the physical body it is still without. The need is to get more of It in action through the physical body and that is done through consciousness and not through a concept of form in three dimensional activity.

The Three-fold Flame in the heart of undeveloped

mankind is only a spark. In an advanced student it becomes a little replica of the Presence, which is in some teachings referred to as the "Golden Man in the heart".

Other teachings have a more abstract idea as to God and law, while this new instruction explains God as an Individualized Presence within and above and to which the physical form or body is connected. It gives one a sense of something more concrete. Most people have a concept of God as an abstract principle only, instead of a focused Presence, an Individualized living Being—a Being to Whom you can talk and Who hears and answers your prayers or calls. Contemplate your Presence; try to get a *feeling* of Its reality—a living, all-wise Being. Pour your love to It, and it is possible to feel a response from It. Some people think they cannot love a Being unseen to them, or not present to their physical touch, yet when one thinks it through he can generate a feeling of love when he thinks of a child or person he loves very, very much. In that same way one can pour love to his own God Presence, Who has been ignored and forgotten for a very long time, yet through the ages It has kept on giving you life and all by which you have had an existence.

The spheres of color around the Presence represent the powers of the Presence. They are symbolized by blue which represents power and protection; yellow, illumination—the Christ in action; pink, love—divine compassion; white, purity; green, precipitating power—consecration; ruby, the color of the Sixth Ray, (instead of ruby.

gold is usually used at this present stage of development, as Jesus the Chohan of the Sixth Ray has been working under the Christ activity), the action of ministration; violet, (the Violet Flame) transmutation. The action of the Seventh Ray is not only that of transmutation, (on other planets where there is no discord they do not need purification as we do here on Earth) but also of invocation and radiation. The colors of the Causal Body are tentative.

We use one color for each ray although each color is seven-fold, ranging from a very light tint to a very deep color. For example the violet: from a light orchid to a deep purple.

This knowledge of the Individualized Presence gives one a definite focus of God, a power-house and active Intelligence from which to draw; while knowing God just as spirit does not give that. Spirit is the radiance or radiation of the focalized Presence of God. Spirit is the radiation, the aura or Causal Body; but within that is the Individualized Presence. It is said God is spirit; God is love — yes true, but those are only abstract ideas.

Here is a vital and important point in this understanding, not given in other teachings; that our Individualized Presences of God are in heaven (the higher realms), while we as individuals are active in the human realm.

The Presence is the highest activity, individually—the Presence of God Whose thought is flame and Whose desire is creation.

Your Presence is the foundation of the universe; It is *one* with the Great I AM. Your Presence (the governor of the universe) has projected you—the light pattern upon which your human form is built, so you see you are a part of that great perfection. Your Presence is individualized, yet It is one with the Great I AM, which is one in quality so we can justly say that all are *One*.

The mankind of Earth were immortal beings before they came, and not to evolve into immortals, but to expand their light and become greater outposts to render service to the universe. You are outposts of the Presence. You are the focus of the Godhead at your point in the universe.

Acceptance is a power of infinite activity within you. It is the Presence in action.

According to your balancing of Its Powers will you have the fulness of the Presence or only part of It. When we call the Presence into action It compels Divine love, wisdom and power in balanced action. God in action—think what that means! There is only one way—your acknowledgment of the Magic I AM Presence.

The energy flowing through the stream of light, the "Silver Cord" as it is sometimes called, does not discriminate; but when you *call* to the Presence that becomes a wholly different thing. It is one thing to know the Presence is there, but to have Its action here is the Great Command. That ray of light from the Presence is just energy flowing. When one knows the Presence then in

the call to that Presence it becomes love, wisdom and power in balanced action. One who does not know and accept his or her Magic I AM Presence cannot have that action.

Everything that is in the physical realm has come through the stream of light from the Presence. That energy from your Electronic Body, the I AM Presence, can be requalified. Charge it with Ascended Master consciousness which cannot be requalified. It requires only a sufficient determination for anything, for the Presence to release the power for full manifestation.

Practice accepting the Presence. One must use or practice the Presence. Just to come into the knowledge of the Presence is not enough. Know in your *feelings* that a ray of light from the Presence beats your heart.

The "Open door" really represents the Presence.

CHRIST SELF

Remember, your Christ Self (Higher Mental Body) knows your every requirement and does release it. The Christ Self is a *feeling* Being as well as a mental Being. It is the Silent Watcher of the individual. It regulates the amount of energy flowing through the Silver Cord.

The increasing pressure of Cosmic Light is causing every lifestream, through the Christ Self to choose either for the light or otherwise.

The Presence called into action compels selective discriminative activities of the Christ Self. Alertness is

the discriminative selective intelligence of the Christ Self.

Your Christ Self will not stay close to you when there is discord in the feelings, but recedes.

Your Presence, through your Christ Self, is your only judge. The Presence and Christ Self are really one in action. Your Christ Self is, or should be, your Divine Director.

Have you ever thought where the dividing line is? It is where the human and the Divine meet—the Christ Self.

Christ is a principle—Jesus was the man. The Christ principle is that energy that can no longer be contaminated by the human.

Your Christ Self decides what can be done for you. It goes to the Presence, talks to It and gets authority. The Christ Self is the spokesman—It acts through the direction of the Presence.

Ascended Master consciousness is consciousness which has attained perfection. The Christ Self calls to the Ascended Masters. Who project Their consciousness (the Masters' feeling of having attained, into the feeling of the individual [the outer self]. This gives the assistance the Christ Self requires and It can then do what It wants done. Since the outer self has not yet made the Ascension, the Christ Self does not have the feeling of attainment which of course the Ascended Master has.

On retiring, charge your Christ Self to take command and produce perfection while your body sleeps. You can charge the body with youth and beauty.

You can cause your Christ Self to demand certain things.

The Christ Self will render the service for which you have called when It sees there is no questioning in you.

During transition—at the time just before passing, a person cannot speak an untruth. This is so because their own Christ Self has taken command.

Your Christ Self wants perfection for you more than you do—more than you can know in the outer mind. It is the One Who brings you in contact with instruction when you are seeking it. With the assistance of the Ascended Ones Who also want your perfection, this Christ Self draws you in a perfectly natural way in contact with this or some teaching of Truth. Sometimes people do not accept but ridicule or criticize and go their own merry way. That is just like slamming the door on your Christ Self—slamming the door in Its face.

Christ is the action of God. And the full power of Its manifestation will make you Divine. The heart is Divine. That organ in your body is Divine.

PROTECTIVE PILLAR OF LIGHT

In the beginning when individuals came forth there was a natural protection around each one, but it was not a self-conscious creation. As the discord of mankind increased, rents and tears were imposed upon it and it diminished more and more, till it was practically gone. Now we need to go into action, apply the law and again

build this Pillar of protection—this time consciously. Being a conscious creation it can not be dissipated as before. In some teachings something is known about this protection but it has been more or less vague. (Sometimes it is called tube, belt or circle.)

The Pillar of Light originally was about nine feet in diameter; it was really the stream of light from the Presence, or "Silver Cord." As mankind became more and more discordant the "Silver Cord" became smaller and smaller. That was in mercy to the outer self, because if too much energy were released into its use it would by misqualifying the energy annihilate itself.

The "Silver Cord" is made up of a stream of electronic energy—that is the stream of life, and the connection of the outer self with its Source. It is pure energy, primal life unqualified. It takes on the qualification according to the free will of the individual. This primal life is elemental substance which is charged or vowed to obey the creative principle—to obey the Three-fold Flame in the heart, according to free will. That is how mankind have created discord, and also the accumulated good in the Causal body.

This Protective Pillar is a tube or pillar of pure light substance, invisible to the ordinary sight but can be seen with the inner sight. It is not hollow inside like a tube. There is light all the way through like a pillar in, through and around your body, for a radius of about three (or up to nine) feet; condensed at the outer edge like a crust to make it impenetrable to anything not of light—divine

love. (In the beginning it is usually better to visualize it only six feet in diameter until one has gained a momentum.) It is charged in, through and around the physical body. It extends from above the head to below the feet, giving protection to the inner bodies as well as the physical. Have the feeling, the consciousness of it as a live thing—an action, not as a cut and dried mold or form. It is light in action, it is vibrating.

It can be drawn forth from your Presence of Life; and through daily application become absolutely invincible to discord or anything not of light, God — good. Not one thing can go through that Pillar of Light. You know all evil returns to the sender. When we get our protection around us it is reverted right back. Otherwise it is a more lengthy process.

There are cases of those known as Masters in India who can stand and let some one shoot at them with a twenty-two caliber rifle; the bullet goes to about three feet from the body, flattens and falls to the ground. This shows it came up against something, an obstruction it could not penetrate. That is the Master's Pillar of Light which he has drawn around himself. This has been witnessed many times by travelers in India and by army and navy men in service.

This Pillar of Light is formed by the release of light—energy from the Presence. *It is projected from Its hands, heart or head.* And also by the *intensification or expansion of one's own light through the points of light in every cell of the body.* Aside from protection the Pillar of Light

is a constant radiance of perfection pouring off and your bodies absorb it.

The very atmosphere is electronic substance. The Presence might gather it to make this Pillar of light invincible; then it is up to you to keep the feeling so harmonized that discord won't break through. We should then always maintain harmony in the feelings. Power of qualification, vision, and attention are your weapons of invincible protection.

Speak to your own God Presence in love and as you would speak to a father. "Beloved Magic I AM Presence, (project and establish)—intensify Your protective Pillar of pure substance of light in, through and around me; charged with Your invincible protection, all-powerful and impenetrable, which keeps me absolutely insulated to everything not of the light, and keep it sustained. Make and keep me ever sensitive to You and Your direction, and immune to all imperfect vibratory rates." Then picture, visualize it in, through and around your physical body for about three feet or as far as your outstretched arm will reach; seeing the edge crystallized. (When you feel it has been established, you can then use "intensify" in place of "project and establish").

Of course it must be understood that this Pillar of Light is an inner action, therefore a four dimensional activity. The Pillar of protection is pliable and will bend or conform to circumstances. It can give protection to you from destructive forces emanating from a person sitting next to you or even touching your physical body.

To charge the body—to recharge yourself quickly, close

the Pillar of Light at the bottom, when you feel sufficiently energized mentally open it again and have the consciousness of it being open; otherwise one can get an overcharge. Ordinarily see or visualize it open at the bottom, extending on down below your feet into the Earth; except when you are low in energy and feel the need of more energy and wish to charge yourself, then see it closed about three feet below the feet. You can call to the Presence to charge you with Herculean strength and energy. Something like this: "My Magic I AM Presence, charge, charge, charge me with Your Herculean strength and energy; and perfect health." In privacy you can raise your hands to the Presence, and as if you took the substance from the Presence, charge it into your world by charging and drawing your hands down at your sides. To many people it gives a feeling of actually being done, whereas just speaking alone does not; it helps convince the outer. Since it is the feeling that really brings results, it is well to do whatever will give one the feeling of it being done. When you feel replenished, see again the Pillar of Light open at the bottom.

For strength visualize the ray of light from the Presence and in it a touch of blue. When contemplating the Presence—and feel yourself expanding, be sure the Pillar of Light is open at the bottom.

Aside from your call for protection—with your attention held on the Presence which is perfection, that is a protection in itself, because there is no quality or imperfection to attach to or draw in.

This Pillar can become invincible protection against

everything of a discordant quality in the outer world. Thereby one can be disconnected from the mass pressure of discord of mankind that is in the atmosphere.

One must have more than ordinary protection when entering this stream of life.

In the morning charge the Pillar of Light with cosmic Divine love. You can charge it to dissolve every particle of discord you contact that day. Also charge it with acceptance, and confidence of power of light.

This protection was also called forth for our beloved Americas by the students, individually and collectively. After the war broke out in 1942 it was seen by some people on board a ship a few miles out in the Pacfiic Ocean, and reported in a newspaper.

CIRCLE OF BLUE FLAME

Because of the tremendous discord in the atmosphere of Earth, Sanat Kumara, known as Ancient of Days in the Bible, offered assistance in protection, for those stepping upon the Pathway of light.

The students on the Path, moving in the outer world, could not draw forth of their own accord enough light for their protection against the great pressures of discord. Sanat Kumara offered, at the students' calls, to place the Blue Flame of His Divine love outside the Protective Pillar of Light as added protection. It is sustained by their daily acknowledgment and calls for it. Sanat Kumara has since been replaced by Lord Gautama, therefore we now call to Him instead.

Always give your attention to your own Presence *first*, then to the Beings or activities which can assist you, Those whom you wish to invoke.

The call can be made in this manner: "My Magic I AM Presence, and beloved Lord Gautama, surround my Protective Pillar of Light with Your circle of Blue Flame and give me whatever added protection is required. I thank You." Then picture this circle of Blue Flame completely surrounding your Pillar of white light. See it about four inches thick.

ARMOR OF LIGHT

A person can also call forth and draw an Armor of Light around himself for protection. Picture — visualize it made of golden light substance fitting closely around the body. It is similar to the ones used in ancient warfare, with helmet and all, similar to those worn by the crusaders and warriors. And where did they get the idea? From the inner of course.

As the psychic or astral realm came into being the Masters and Beings would enter that realm to give assistance. They devised for Themselves an Armor of Light for protection from those forces. They entered that realm to give assistance that was required by discarnates (those are individuals having passed through so-called death), caught in the psychic realm.

TRANSMUTING VIOLET FLAME

Life has provided the Transmuting Violet Flame as the way and means by which mankind can, through con-

scious application harmoniously change and transmute wrong conditions and all that is less than perfect. The Violet Flame is the activity of divine love which consumes or transmutes. It is that rate of vibration. Violet Flame is divine alchemy. It cleanses the forcefields of the electrons composing the atom which produces a change in vibratory action and results in divine alchemy. The use of the Violet Flame will change vibratory rates and through transmutation bring about transformation. It is an action of mercy and compassion.

The Flame of transmutation is an action of the Seventh Ray. It is coming in now at the close of the Sixth Ray—the Christian dispensation which has reigned for the last two thousand years with the Master Jesus in charge. The knowledge of this phase of the law regarding the use of the Transmuting Flame was not permitted to be made public until recently. Jesus referred to it as "grace." Violet Flame is a grace from God.

You can call It forth into action in, through and around you. Through Its use you can begin to balance your account to life, by expiating karma while yet here in the physical body, transmuting the discordantly qualified energy of this lifetime and all previous ones. This will bring freedom in your being and world. It can transform your world when applied sufficiently.

The use of Violet Flame is a science. Its transmuting activity is as scientific and practical as melting ice (over a fire) into water and with greater heat turning it into steam. Through the use of fire (note: fire—flame), the

vibratory action is changed, which changes its consistency. The Transmuting Violet Flame will do the same with qualities of a wrong nature in the inner bodies and the physical body too. The smell of Violet Flame is like ozone. It is an intense action of the Violet Ray. It is an inner action of the Violet Ray from the Sun to the Earth of which science knows.

The Transmuting Violet Flame may be likened unto an eraser. When used sufficiently one can erase from his lifestream all that is not of the light that has accumulated. It is not just a repression of karma, making it inactive; but actually changes the vibratory action and makes the discord or wrong qualities non-existent. The Transmuting Violet Flame is *what* will dissolve your human creation; that is the reason it was provided by the Cosmic Beings.

In some teachings, through sheer will, students are able to push back as it were this misqualified and destructively qualified energy — karma as it is called in the East. In that way many healings are effected, but that energy is not redeemed, transmuted or purified. Therefore it sometimes happens that at a later time when the pressure of will is released or no longer sufficient to hold back that creation of misqualified energy, then the disease again manifests. That is what is generally not understood, but with the use of the Transmuting Violet Flame it can be transmuted and that is permanent unless one re-creates the same qualities.

All manifestation comes from the unseen — from the inner into the outer (that which is perceived by the

senses.) Distress and disease are results of causes set up on the inner. They are conditions in the mental and emotional bodies caused by wrong thought and feeling. Therefore, for a permanent cure one must remove the cause, instead of just treating the effect. This can be done through the use of the Sacred Fire, particularly the Transmuting Violet Flame which will dissolve the human creation. By Its use one can alleviate suffering and furthermore, prevent it. Suffering is a purging, an action of the fire element in the physical body, caused by previously created discord (karma). With *enough* use of the Transmuting Flame the cause of suffering which is in the mental and feeling worlds can be transmuted and balanced before it outpictures in the physical and is experienced in suffering. Disease is energy heavily charged with discord. And it may take very intense action of the Violet Flame to completely transmute it.

Now through the teachings of the Ascended Masters, particularly the One known as Saint Germain, the use of the transmuting fire has been given to mankind. It is also known as the Violet Flame, being violet or purple in color according to its intensity, and is one action of the Sacred Fire.

The Violet Flame is radiance from the Freedom Flame; It is the consuming, transmuting activity. It has the power to transmute and redeem all that is not perfect.

By the use of the Transmuting Violet Flame, forces that are acting to prevent one's success, can be removed. It will dissolve appearances, and the accumulation of the

ages. What causes limitation? It is this accumulation around the human form. Tragedies occur because one has not used the Violet Flame earnestly enough. They are caused by past momentum of things in your stream of life.

To use the Transmuting Violet Flame daily is most imperative. As the attention goes to the Presence more and more of the accumulated misqualified energy of the past will come forth for redemption. Be grateful for its coming forth, so it can be redeemed. Then it will not come into action in an unguarded moment and cause distress or an accident. You will feel a lightness—a lack of the former pressure. Do not fear it, but call to the Christ Self to draw it forth into the Transmuting Flame and command it be completely transmuted, cause, core, record, effect and memory.

As you call for the Violet Flame a ray comes from the hands, heart or head of the Presence or the Christ Self (Higher Mental Body) and as it touches the surface beneath your feet it bursts into a flame. Also there is the potential Violet Flame in the Flame of the heart and in the points of light in every cell, but it is latent. It can however be activated at any time by calling the Presence into action. There are three actions of the Violet Flame: it blazes up, in and around us; it is in the points of light in every cell; and there is the action of the Cosmic Light.

It is well to call on the Law of Forgiveness just before calling for the Violet Flame. By calling for the many, we release greater forgiveness for ourselves. We can say: "Beloved Magic I AM Presence, I call on (or I AM) the

Law of Forgiveness for myself and all mankind for all mistakes, misqualified energy, human consciousness and for straying from the light."

One can call forth the Violet Flame something like this: "Magic I AM Presence, blaze through and around me the Transmuting Violet Flame, Thy Sacred Fire. Purify and transmute now all impure desires, hard feelings, wrong concepts, imperfect etheric records, causes, cores, effects and memories, known or hidden. Keep this flame sustained and all-powerfully active. Replace all by pure substance, power of accomplishment and the divine plan fulfilled."

You can repeat the call several times (three or seven) in succession, at least in the beginning, as it helps to anchor and make it real in your consciousness. Meanwhile, picture— (mentally see it) , like a soothing flame, violet or purple in color, penetrating your very being and world, right up through your body, going between the cells that make up your body, organs, bones and all. The physical body is not completely solid as it seems. It is a small universe (microcosm) in itself, there being space between the cells.

Visualize a flame as you might see it in a fireplace but see it violet or purple in color. Some have gotten good results by turning on and lighting a gas jet, then watching the flame until they got the feeling and inner action of it. It is to get the *feeling* of it that really brings results. It does not cause a burning sensation but gives a joyous, comforting feeling, relaxes and makes you feel lighter. You can qualify it to be warm, or in over-warm

weather you can qualify it to be cool. Hold that visualization for fifteen minutes or as long as you can comfortably do so, or have time for it.

The use of the Violet Flame will not harm anyone; but it can and will transmute distress, irritation, anger, lack and limitations, bad habits and disease. It will give you a freedom never experienced before.

You can make the following call, to Beings Who have offered Their assistance since the students were not handling conditions sufficiently: "Beloved Lord Gautama, Archangel Michael and Ascended Master Jesus, charge into this Violet Flame Your purifying dissolving power of Divine Love, in its most powerful dynamic activity."

In the use of the Violet Flame there is naturally left in the place of what was transmuted some pure substance, but we need to call forth more of the perfect qualities. Therefore, after using the purifying action it is well to call forth or charge your world with constructive qualities that you require or desire. You can simply say: "My Magic I AM Presence charge me with perfect health, joy, happiness, illumination, love, wisdom, power, abundant supply, with Ascended Jesus Christ Consciousness."—or whatever you may require.

Use the Transmuting Violet Flame with great intensity. Call for It as if your very life depended upon It.

To control the feelings—when you feel anything not of happiness at the solar plexus, feel the Violet Flame flash up quickly and come out at the heart as a golden flame; and blaze it through the other person or condition which is the cause of distress. If it is a mental thing that bothers

you, blaze it up through the head. Then feel the fullness of the Presence.

The position of one who has not contacted this understanding of the Law of the "I AM" is different from one who has. When one does give attention to the Presence, the accumulation of the past begins to be drawn forth; that is for the purpose of being transmuted (redeemed) so the individual may become free. All misqualified energy seeks redemption.

With the Violet Flame the record is transmuted, not only qualities of discord. If it were not so that record would draw to it again the same quality.

Purgatory is not a place of damnation imposed by God. It is a state of consciousness which is experienced at inner levels after so-called death when the individual is aware of his wrong doings. When one is freed from the physical body the awareness is many, many times more acute; but he need not remain there forever. He can expiate his wrong doings (karma) to a certain extent and enter into higher realms—"mansions not made with hands".

When Jesus said, "Thy sins are forgiven thee, go forth and sin no more", what happened? Jesus called on the Law of Forgiveness for the other person and called forth the action of the Transmuting Violet Flame which transmuted the wrongly qualified energy and corrected the condition. By "sin no more" He meant to not re-create the same condition through the use of the faculties of attention, vision and qualification. Meaning by this to change one's thought and feeling so as not to reproduce the same conditions, or bring about a re-occurrence.

ATTENTION, THOUGHT and FEELING

THE average person thinks it impossible to live in a state of perfection—a state with no discord, because the conditions of earth are in such discord. Yet the first two golden ages which are referred to as the Garden of Eden were without discord.

How is that possible? Everyone has the faculties of attention, thought and feeling. Although you do not see them you know you have them, and they are real to you.

You have the power of attention, thought or vision, and feeling which is the power of qualification. These are your creative faculties and are in constant action, creating every minute either good or otherwise, while awake, and during sleep they function at inner levels.

Each individual is a creator—a being with free will, given (endowed) by the Creator or Father.

You are at liberty to direct the attention to whatever you will; good or evil, think and feel as you choose. Attention, vision and qualification are the creative faculties by which creation takes place. These three are your creative faculties by which is created either perfection or discord every moment. Attention is the first faculty of the law. Then comes the mighty power of the "I AM". You are victorious or a failure by the power of attention.

What you *think* you create. Where your attention is there you are — and you are becoming that. What you meditate upon you become.

Attention is power of light in action. Life is a compelling force. Your attention to a thing compels life to flow there. What sets one afire may by attention to the same thing put another into despair.

Remember what your concentrated attention means upon a given object. Your human or outer self is the means by which you hold the attention for accomplishment. Your concentration is your focused attention. Concentration is an inner force held—of course the attention is used.

Your attention is your success or failure. It takes your acknowledgment, acceptance and attention on a thing to have its blessing.

There is no one thing that can change your life (lifestream) like the attention. Then there is another discipline: you may focus your attention on discord out here but yet not accept the discord in the feelings.

As you connect by your attention to things in the outer world, you make it a part of your world. Nothing can enter your world but what you invite. How? By your attention; by discussion. There is no human creation that has power in your world except by the power of your attention. The shadows and discord live by one's attention—feeding your life into them. Where your attention is there you are—what your attention is upon that you become. It is imperative to make effort to control the attention. Mastery is attained by controlled attention.

Limitation is caused by your giving power to something outside instead of to the Presence. When you feel

not sure you have allowed the attention to be divided between appearances and the Presence. Attention is like a wire; for illustration, wires are placed at four points for a telephone. Now you are connected. When the wire is cut that is like taking off the attention. Disconnect your attention from the disturbing thing. Turn the attention from discord—*also in the feelings.* Every discord or human thing must drop away when you stop giving attention to it.

Your attention to the Presence one minute a day would do much for you. *Feel* the Presence, the light of the Presence enter your flesh body. Attention to the Presence is the most powerful thing in the universe. Give attention to your Presence constantly, every time you have a few moments. Fix your attention upon the harmonizing and perfecting of yourself.

When you turn on the switch you have light. You do the same when you give the attention to the Presence.

One's power of attention will reverse energy. In your feeling world is your divine memory. How are you going to bring it forth unless the attention is held on it?

In the changing of your feeling you change your attention—a quick powerful change of attention can do wonders. You can change the vibratory action of your body. Through attention and governing of your feelings you can become master of your world.

Everyone is a magnet with the attention on the Presence.

One is using the three faculties (attention, vision and qualification), to draw all good things or otherwise to him.

Determine to not allow your attention to go to what is past.

Do you quite comprehend the slightest activity of your attention?

You do not know a thing until your attention is drawn to it.

The attention must be undivided; then you will be amazed at your results. Every time the attention starts to wander, start pouring out love and blessings.

Your attention goes from the heart a greater percentage than from the intellect. It is a flame action from the heart up and out from the forehead to the thing where the attention is focused.

Without attention, consciousness would be static—still. With attention consciousness acts; with feeling it becomes dynamic.

Whenever you give positive attention to the Presence there comes the release of Its light and energy.

Remember two things: Where your attention is there you are, and what your attention is on you become — you can be free. Often remind yourself of this: "I know no human appearance has any power except the life energy I feed into it by my attention."

One need not alter his occupation but rather change his attention.

When attention is on the objective and it is called to other things in the outer world—then charge your Christ Self to direct energy there (to objective).

Attention to the goal (the Ascension) forms a tube of light and draws you into it.

It is within the power of any one of you to bring forth any secret of life if you hold your attention unwaveringly.

THOUGHT AND FEELING

There is only one creative power in the world—thought and feeling. Thought and feeling are your creative centers. Can you do anything without your mentality and feeling?

There are teachings which teach thought power and stress right thinking; but the power of feeling has not been understood or taught until recently. Since there is three times as much or more energy in the feeling world as in the mental world, it is necessary to control the feeling first. The greater power is in the feelings which run rampant with most of mankind, which accounts for so much unrest and disturbed conditions. It is the feeling that energizes and motivates the thoughts. The feeling or emotional world being the power-house it should concur with the thought; that is what produces results. That is why many prayers have not been answered; they being only mental. The thought creates the form or cup. The feeling energizes it which makes it a *thing*. One has to hold the form (thought-form or pattern) until the substance fills it.

To gain self-control is not a matter of mind only, but of the feelings, wherein is the greater amount of energy. No one will ever control thought until he controls feeling

first—thought is produced by feelings. You never have a thought that you didn't have a feeling first. Every individual is constantly picturing what is in his feelings.

You are never bound by conditions. You are bound by your own feelings. You think the wall shuts out the air—it is your feelings that shut out the air. The only thing that stands between the Ascended Masters and us — between beauty and perfection and us is thought and feeling, and we can change both instantly. That is demonstrated so clearly in a child (or adult too for that matter) that may be crying and by the attention being drawn to something else he is laughing the next moment; also in actors, which is done at will. They have learned to control those faculties and cause them to respond at their will.

What is meant by the expression, "up against a stone wall"? That stone wall is the human accumulation, which is misqualified energy in the feeling world mostly. The Presence can be called into action to dissolve and transmute it.

Train yourself to bring your feeling to bear forth that which the consciousness knows.

Your feeling world is the release. Watch what feeling is operating in you.

You must accept the things (that you call for) in your feelings. To get greater feeling use a greater determination. Your determination will change your desire. Your feeling world is the magnetic pull. Why aren't we free—because knowingly or unknowingly we have accepted the appearance world. In the present stage of consciousness of

mankind much of the power of qualification acts unknowingly to the outer conscious mind of the individual. Therefore the need is to again come into a state of consciousness—a point of control of these faculties.

Your world is just as far as your feeling extends.

A powerful, strong belief charged into your feeling world will be there embodiment after embodiment.

The light pouring down through the ray from the Presence can be requalified. Only your feeling can affect this energy. You cannot requalify the energy the Ascended Ones pour into your feeling world; but you can requalify that which you call forth from the Presence — you have been doing it. The energy comes pure and perfect to the heart; and on its return illumines the brain, and that is where human qualification takes place. You clothe the energy coming through the ray of light from the Presence as it goes out into your world with whatever feeling you have. Just your power of qualification acting in your feeling world stands between you and your freedom. In great calm you will find your power of qualification not acting. Qualification means the feeling released within you that charges the energy called forth from your powerhouse; the attention being the activity. We do not qualify with the intellect; power of qualification is a feeling. Everything depends upon your use of it.

Your power to misqualify can't stop till you stop accepting discord in your feelings. We should not discuss with each other discordant things. When you listen to discordant things you are anchoring in your feeling world

some discord that must act there. There is not one destructive thing that can reach you unless you feed your life energy into it.

Charge the feeling to repel discordant things. One can then see or listen to discord without accepting it. Feel such a great outpouring from the Presence that discord cannot register. It is not that you may not see destructive conditions, but you may not let them enter into your feeling. When you can look upon a thing without a feeling then you are master.

All feeling is one according to the qualities manifest there. This power and force going forth—this power of light called forth by a great intensity of feeling goes through the mental and feeling worlds of all mankind in an action similar to hydraulic force.

Keep an iron grip on the feelings. The easiest way is to visualize the luminous Presence of an Ascended Master enfolding you (or your own Presence).

Strong desire, held over a long period of years, becomes a compelling power.

The first activity in mankind is desire. Desire must be constructive desire.

There is hearing and feeling in the sight—sight and feeling in the hearing—sight and hearing in the feelings.

The imperative need is harmony in the feelings—until we maintain harmony in the feelings we will stay in chains. We must give balance by self-control in the feelings. The only waiting required is for you to determine to hold harmony in your feelings. You have got to make it

fort at self-control. You must balance the powers of the Presence called forth in the human realm—and that is where attention, power of qualification and vision come in. One can control the energy at the solar plexus by raising it to the golden flame in the heart. That enables you to hold self-control.

The feeling world is what produces beauty in the flesh.

In order to have quick action you must release energy by feeling. *It is the feeling that releases the current of energy from the Presence* that fulfills your call. As long as there is an uncertainty in the feelings you do not settle down into a firm knowing.

There is the motherhood and fatherhood of God. The intellect represents the fatherhood and the heart motherhood. Thought is the masculine element—it creates form, which only becomes a thing when combined with the feminine element or activity — feeling.

One must be sure in the *feelings* that the Presence is the doer. There is the need of complete cooperation in the feelings to the Presence. Once you can release your feelings into the hands of the Presence, what freedom that will bring!

A criterion one can go by is: a feeling from the heart is an action of the Presence; a feeling from the solar plexus is the human or outer self acting. One must distinguish between intense human desire and the pressure of light through him.

Disturbance in the feeling world enters through the solar plexus. That is the main door; sight is very closely

connected. It will also enter through the ears, and gossip is a most destructive thing. For control, draw in the solar plexus and call to your I AM Presence to hold control of your feelings. The solar plexus is the door to the emotional body. The point between the eyes is the door to the mental body. It is well to visualize a miniature luminous Presence of Jesus over those spots. On the forehead see it in a sphere of dazzling white light about three inches in diameter; at the solar plexus about the size of a large dinner plate. In the disc of light can be used the luminous Presence of any Ascended Master, but it is particularly well to use Jesus' luminous Presence because His Ray, the Sixth Ray is the ray connected with or governing the emotional body. The solar plexus being the entrance to the emotional body from the outer world is why many times one becomes suddenly nauseated for no apparent reason. That is because hate or discord from the outer was allowed to enter, or it may have been consciously projected. When disturbance tries to drive in, or when in a crowd, one can fold his arms which helps close the door. You can draw in the solar plexus and say: "My Magic I AM Presence you hold control of my feelings."

It is not realized that 75 per cent of the feelings are discordant in the average person in the outer world who makes no effort to control his feelings. Out of that destructive quality acting they are unaware of 35 per cent of it. It is those conditions which are the most difficult in one's attainment.

Discord acting in the feelings is what has prevented

happiness. What holds the desire of mankind? The substance released from the feelings of mankind. We have to stop accepting discord into our feelings.

Every constructive desire is God in action. To every constructive desire there is an opposing force outside, and even within yourself. Viciousness from human beings comes from desires unsatisfied. And those desires being human can never be satisfied. That is the bottomless pit.

INTELLECT — MIND

Train yourself to be alert.

Intellect acts only from radiation around the brain—feeling acts from the feeling of the universe. Through the feeling nature we can go or make contact anywhere in the universe. We can go anywhere in the universe and get knowledge first hand.

Reason is an activity of the human intellect. Intellect is very limited; the heart is unlimited and will keep harmony maintained. The light of the heart will illumine the intellect. Your intellect must learn to be obedient to the feeling within the heart. The intellect has concepts of its own and you can make yourself believe a falsehood as easily as a truth. The intellect is not the knower—but the heart is.

Unbelief is a lack of trust in life.

The moment there is doubt and wavering in you (in your feelings) the Masters must recede.

Arrogance is about the most difficult thing to get the light through. What makes the intellect so arrogant? It is

because its attention has been focused on accretion gathered by all mankind; it may not have gotten one idea from the Presence. When the light comes through the brain no human qualification takes place—the light reaches the heart without human qualification, but when it goes through the body it goes through the feeling and takes on that qualification.

When you have disturbing thoughts visualize the luminous Presence of Jesus or some Ascended Master on everyone you meet.

To control the mind or to rise above the emotional plane is not just to subdue the emotions or emerge out of that plane, but to sublimate, transmute that energy into pure substance.

Mental development without feeling (of love) becomes very cold. The feelings are a powerful action and necessary in creation.

The mind has the capacity to form conclusions from deductions based on fragmentary information.

The objective of mental power is to direct currents of energy from the feelings (through the attention).

The mind is only an instrument to record the physical senses — the experiences.

Your thought is the picture which your feelings fill.

Everything acts in the feeling world before it ever reaches the intellect.

The cause of physical manifestation is in the mental and feeling worlds.

Do not contemplate too much with the intellect, try to

comprehend. The fact is you are here in these conditions and you want to get out of them.

When a number of ideas come to your mind and you wish to know which one to follow you can say something like this: "My Magic I AM Presence blaze the light from my heart up through these ideas and show me what to do."

* * *

Attention, vision or thought, and qualification or feeling are all so closely connected that they are inseparable.

We clothe the light with discord. The discord is outside the point of light in the radiation or forcefield. Therefore it is the first thing that acts.

In the emotional body are rates of vibration which repel what you want. You can ask the Presence to take out of your feelings these rates of vibration.

By free will we draw energy down instead of sending it back to the Presence. All sex desire must be eliminated from the feeling world of mankind.

Charged energy which is human influence is but the pure energy from the Presence qualified with those qualities.

We don't remember things or comprehend because those feelings, the human desires which are the human accumulation, don't want us to remember these things of the light. To read a thing does not mean you comprehend it.

You are a mental and feeling being. If it were not so you would be dumb like a post.

You are an individualized world within yourself—your feeling world.

One can hear through the feelings as accurately and definitely as if there were spoken words.

When the light of the heart expands into the feeling world that is real inspiration.

Realization as they call it in the East is a consciousness in your feeling of the thing you are calling for.

Power called forth is self-luminous intelligent substance in the feelings.

In some religious work when people enter in or tune into a certain vibratory action called ecstacy some lose their balance and become somewhat fanatical. That is because of lack of emotional control, and it becomes an action of emotions instead of divine feeling.

Your feelings are your barometer.

No human being ever controlled his thought without controlling the feeling first. To control thought—one has to control the feeling first. One can decree, "My Magic I AM Presence You make my feeling follow my attention."

Criticism, condemnation and judgment are some of the most binding activities of mankind today. When one feels or expresses those qualities they are charged into his own feeling world. They not only affect the other person but those actions permit the element he thinks wrong to enter his own world. One of the most dangerous and subtle things is to go among mankind with a feeling of hate and criticism. We should at all times guard against

having feelings of criticism, condemnation and judgment. What we see in others, remember may be in our own world, as one looks through his own aura first.

People blame conditions or persons for creating fear, hate, and so forth, in them. But it is one's own thought and feeling, one's reactions, that is to blame; there is the cause. Although the condition or person may seem to rouse fear or hate, it is the individual reaction that is actually the basic cause.

Destructive thought-feeling forms can kill as surely as bullets. They kill enthusiasm, higher aspirations, and so forth, as well as cause disease.

It is the cravings in the feelings that cause one to make mistakes, not wrong ideas.

Few comprehend what the record in the *feeling* means. When you feel with intensity it makes a *record* in the atmosphere around you—it makes an etheric record. That record stands there as a magnet for other qualities of the same kind.

Ninety per cent of self-correction is to control the energy in the feeling world.

Approximately 75 per cent of the energy (released to you) stays around you; 25 per cent is released into the atmosphere. About 90 per cent of the 75 per cent of energy around you is in the feeling world, and 10 per cent in the mental world.

It takes energy to feel tired. It isn't so much a lack of energy as a lack of peace and harmony, that makes one tired. In habitual tiredness or exhaustion some sort of a

feeling or craving is draining you all the time — put all that into the Transmuting Violet Flame. Why do people feel tired after a shopping tour? Because they have moved about amongst the discord of many people, and some of it has clung to or entered their inner bodies. When they get home and take a shower or bath they feel a relief. Water especially in a shower washes off the discordant substance, even a certain amount in the etheric body.

One can still disturbance by stepping into the room and visualizing the golden flame expand from the heart. The same with the Three-fold flame or the blue flame.

Rebellion in the feelings is really rebellion against the authority of life.

What makes it so difficult for some when they start on the "Path" is the unconscious acceptance of resentment at correction.

Realize that the Ascended Masters know every thought and feeling and the motive back of it. So there is the imperative need of not letting go out from you any feeling of discord. Watch your motive. Be careful that your motive is right. Your motive within you is the determining factor.

The moment one gets the rates of vibration cleared (from the forcefields) he will be self-luminous. This can be done by change of thoughts and feelings. When the emotional body is cleansed, the physical body will be perfect. You do not have to make the ascension to raise your vibratory action to have perfection in your world.

How we dam up life energy by feeling!

To be kind, grateful, humble and firm — you don't know what that does to your feeling world.

In life there is no beginning or end. Those are only concepts of the human intellect. God which is life is limitless as to time and space.

It is dangerous to pour out divine love if you do not hold control of the energy. That way you establish in your emotional body a habit of energy dashing forth. Take control of the energy with steel-like grip, call to the Presence to direct it—calmly, steadily; ask the Presence what to do with it.

Mankind accept opinions of others because they have forgotten their Source. Study earnestly without previous opinions. It is only in human opinions that conflict can come. You have to transcend your human concepts if you want to be free!

Who placed the blindfold on the Goddess of Justice? The concepts of mankind did. Change of feeling of mankind removed it.

When using mental faculty — use Violet Flame first. Then you can call to the Presence to give you the perfect idea and inspiration. See a ray of light from the Presence come down through the head, through the pineal gland and out the forehead—ray is white with radiance of gold, feel this fill the head with blazing white light.

Cataclysmic action depends largely on the feelings of general humanity.

Dope is different from alcohol or tobacco — it reaches into the feeling world.

When you have some transcendent experience do not relate it immediately; not until it has been firmly anchored in your feelings.

Harmony, health, supply is all that is required to bring the Fullness of the Presence into the physical realm. The Presence of all good is anchored in the heart; that makes you a magnet—that settles any argument of the intellect.

More than 50 per cent of magnetized energy is needed in the feeling world to bring these things about.

THE SEVEN BODIES

An individualization to embody (or incarnate) upon the physical plane and go through the experience world must have the various bodies, seven in number. Each body is created out of the substance from the realm in which it is to function. The Individualized Presence of God or Flame is projected forth into that realm. It becomes the core around which is drawn the substance of that realm forming (creating) the body.

In the beginning of individualization the flame was projected forth into the realm of primal substance, and about it was drawn the substance of that realm creating what is sometimes termed the Electronic Body. From It pour forth rays of light constantly, by which It renders service in the universe. It knows only perfection and is ever pouring it forth, expanding it. It is not cognizant of the imperfection of the outer self.

Each individual (externalized) is a part of God in an action similar to a flame that is taken from a large fire and it becomes a fire in itself, yet it is a part of the first fire, although individualized.

The accumulated good, that energy used in service both at inner levels as well as during physical embodiment, forms the Causal Body. That manifests in spheres of colors around the Electronic Body.

When one has given sufficient attention to the Presence

and the four lower bodies are purified that accumulated good will be released into the use of the outer self; but only to fulfill the Divine plan. It is released through the golden radiance around the ray of light from the Presence (Silver Cord), by the Christ Self. It is drawn forth through love and cannot be drawn forth just by determination of the intellect or feeling of the outer self; yet by determination of the intellect and outer feelings one can draw universal substance (to a point) to produce certain manifestations in the outer.

To incarnate—to take physical embodiment, bodies are required in the various realms. Therefore a flame or core is projected down from the Individualized Presence into the lower realm; and about it is drawn a body from the substance of that realm in likeness of the Electronic Body but of a lower or stepped-down vibratory action. That is the body called by various teachings: "Higher Self", "Better Self", "Christ Self", "Higher Mental Body", "Holy Christ Self". It is the discriminative, directing intelligence for the human being, the outer self — the personality. It is aware of the imperfect manifestations of disease, distress, trials and tribulations. It does not accept imperfection of the outer self although It is cognizant of it. It is the "still small voice". Premonitions and promptings of people have come from the Christ Self; by which It tries to give the solution to the outer self. To adjust conditions in the outer It calls to and draws forth whatever energy is required from the Presence. Individuals constantly get promptings, which may be just a gentle prompt-

ing in the heart, but most of them are not followed. After one has been prompted he usually doubts it or lets in suggestions that he shouldn't do so and so of which he had the prompting. Life always gives promptings to everyone, to hardened criminals and even to savages. Three promptings are given as a rule, unless the first or second are acted upon.

A flame or core is projected for the etheric body and the substance of the etheric realm is drawn together around the core, creating the etheric body. When it is seen with the extended or inner sight it appears as a soft but firm light. Originally it was perfect. In it are contained the memories; and there are recorded all records of both good and evil of the experiences of the outer self through all embodiments. There is no permanent record but good. All else will eventually have to be transmuted. The discordant experiences have caused wounds or tears in the etheric body. These, nature heals and patches over as best it can, but the scars remain. Then in some future time or embodiment under certain circumstances or similar experiences when undue pressure is placed on that scar by similar experiences, like an incision it gives way or bursts open and manifests in disease, great distress or disharmony. This is not understood and there seems no explanation of it from the outer sense or consciousness. Deep feeling definitely makes a record in the etheric body.

Likewise is the mental (by some called lower mental) body created from the substance of the mental realm; the realm of that particular vibratory rate. The mind, the

mental activity functions through that body. Although it is not seen by the physical sight all accept that they have a mind, and would be greatly insulted if told otherwise. In it are all the accretions of human concepts, opinions, conclusions drawn from partial truths and information. That is what forms the intellect.

The mind has the capacity to form conclusions from fragmentary information without looking back to the original pattern or divine plan. Through that activity has come about the present concepts and distortions of truth. The mind was created to be a *servant* of the Individualized Flame—the REAL YOU, and not the *master*. It was created to be the instrument to create and hold the pattern or cup—the vision, for a physical manifestation. To still the mental body—to stop thinking stare into the sky; or when sitting by a lake stare into it.

Also there is created the emotional body from the substance of that particular realm. That is the feeling world. Its action was to energize a thought (the pattern) making it a *thing* in outer form.

The emotional body extends for three feet out around the physical body and with most people very much further. It too is not seen with the physical sight but everyone knows that he has feelings. It is through the feelings that a person is aware of hate, discord or love and kindliness, etc. Many people have had the experience of perceiving or having the awareness of a person approaching from behind before he was seen or heard, or made aware of through the physical senses. That awareness took

place through the feelings when the other person's emotional body touched theirs; although some feet away.

In the emotional (astral, as termed by some) body is the accumulation of all discordantly qualified energy, not only of this present embodiment but of the previous ones as well. That is what is termed "karma"—bad karma. All that has to be redeemed before complete freedom is attained. Therein lie the impure and wrong desires, passions, lusts, greeds, selfishness and the many other similar qualities of mankind. Individuals may have as many as 200 vortices in the emotional body whereas there should be only seven. The function of the emotional body should be to intensify the God feelings and desires in the physical world or expression.

Human self is humanly charged energy which you have drawn forth into your world, the mental and feeling worlds. This is your human soul which must be redeemed.

There seem to be different interpretations of the meaning of *soul*. Some think of it as that part of an individual not seen—the God side of him, therefore it must be good and pure. In other words the term is used in different ways. We shall think of it as the thought and feeling nature, the consciousness of the individuality in the outer, therefore of human consciousness and not the divine spark. Spirit usually refers to the Individualized Presence and action of God—the Flame of the person. And the outer consciousness and expression form the personality.

"Spirit" as well as "soul" is used among mankind rather loosely and in abstraction, with different meanings.

Many people's mouths are partially open most of the time, unconsciously of course. This signifies a lack of holding emotional control, which leaves the emotional body open to the surrounding forces. The emotional body should be held in control and the mouth closed, not in a hard line but in a sweet way. Children should be taught this.

The physical body, as all the other bodies, is drawn from the substance of its realm. The physical substance is drawn around the core or seed and thus is created the physical body. Of it more is generally known because it can be perceived by the physical senses, yet it is created not by physical means but by inner actions, or unseen powers.

Its function is to perform physical acts or express in the world of form, although originally not ordained to labor as in the present condition of mankind. In the physical bodies are outpictured the imperfections, distortions, and disease of the qualities and actions of the emotional, mental and etheric bodies; the causes lying there in these inner bodies which manifest in the physical.

The dividing line means from the human into light. In the human body it is just above the solar plexus. The dividing line is the Christ Self where there is no more human and you are free.

Everything physical has its etheric counterpart.

There is the physical body and interpenetrating and extending out around it is the etheric; then the mental; then the emotional, it being the largest in size. These all

interpenetrate each other. They all need to be purified. The Christ Self, Causal Body and Electronic Body of the I AM Presence are pure and perfect.

The light pattern of the physical body is in the Etheric body—the points of light. The light pattern is the cohesive power of your flesh body. That is pure and is the connection of the Presence with the physical body.

Considering the seven bodies as to planes — we shall put them in this order:

Electronic Causal Christ Self		Inner Action	Pure and perfect Immortal
Etheric		**The Bridge**	
Mental Emotional	Inner	Outer Action	Imperfect — Impure
Physical	Outer		

The upper three planes or bodies are and always have been pure and perfect. The etheric — the bridge is the connecting link from the outer to the inner. It is through the etheric that the outer consciousness makes connection with or enters into the higher realms.

The lower three are the outer action. The physical is what is perceptible to the physical senses — the outer or physical action. The emotional and mental are the inner action of the outer. They are not seen with the physical sight. They are not concrete from a physical standpoint; yet they make up the functions and outer action of man.

Of the inner and outer: The Christ Self and mental body are similar or correspond with each other; the men-

tal body is, or should be, the vehicle of the Christ Self in the outer. The Causal and emotional bodies are similar, even as to shape. The Causal body is spherical in shape, the emotional is oval. The other bodies are the shape of the physical. The Causal body is the repository for all constructively qualified energy. The emotional body contains the imperfectly qualified energy. The physical body should be an outpicturing of the Presence in outer form — and is connected through the etheric.

* * *

You are not that physical body. You are that stream of light. You are a projected ray — a precipitated light ray direct from the Godhead. The physical body is the projection of light.

You are a world unto yourself. The center of the light in the physical body is the heart. In every heart beat is a release of another pulse of light from the Presence.

The first atom of the heart (the permanent atom) is the flame from the Presence, an extension from the Presence.

A heart inverted becomes a flame. The heart is projected from the Sun. The heart is a flame upside-down — it makes a cup. It is even so with your beating heart. Do you understand what keeps it beating? You have confidence that it will do so tomorrow and in future days. But how much do you understand about it? That tiny flame in the heart, an activity of the Sacred Fire keeps your heart beating. Even your scientists have discovered that there is a flame in the heart, and it was announced in the newspapers some fifteen years ago. Medical scientists know

they cannot operate on the heart as on other organs and have the patient live. It is self-sustaining; it perpetuates itself; this has been proven by scientists with a living chicken heart that they kept in a solution for many years.

The light in your heart is the greatest magnet. Attention to the Presence, the light and the Ascended Ones causes the light in the heart to expand—as a flower unfolds its petals.

Your life anchored in your heart is calling for the release of itself.

The brain is the registering faculty of the Intelligence that comes through that light (ray from Presence), which is intelligent light substance. It is light in the brain that enables one to think. The brain is the physical organism through which the mind functions; and which contacts the outer, and imperfect ideas. It is the point of contact with the outer.

The brain structure is the receiver and distributor; the heart is the director. Clear the substance of the brain — attune it to the higher. It is because of the density that it is not attuned; we need to quicken the cell structure of the brain. It is imperative that your brain be flooded with light. Use the Violet Flame through it.

Energy is stored at the base of the brain. If it were not for that stored energy we could not speak.

Through the nervous system flows liquid light. An essence flows through your nerves like a liquid light. Science has discovered a liquid golden light flowing through the nerves as the blood flows through the blood vessels. That

is life force — light coming from your Individualized Presence of God "I AM". It is light, your life flowing down from the heart of your Presence into your physical body. By some teachings it is called the "Silver Cord".

Nerve fluid circulates through the body the same as the blood. Nerve fluid circulates according to feeling; if happy or depressed, it is affected accordingly. The pulsation of the nerve fluid is stronger than the blood; it is golden light. The nerve fluid that flows through your body is the tree (tree of life) self-sustained; the nervous system being like a network of fine wires which are message bearers of thought and feeling impulses to all parts of the body. It is easily affected by alcohol and drugs.

The blood in your veins is red because of imperfection in the atomic structure; otherwise it would be golden. In some children when born the blood is a deep pink, showing the purity.

What is acting in those physical bodies? First life, then mental and feeling bodies.

When you come to the perfecting of your world, that energy has to flow largely through your body.

There is a trinity of action in everything including your body: blood circulation is one third; fluid in nerves is one third; points of light which are currents of energy is the other third. The hearing, the sight and the heart form a trinity of action.

It is the currents of energy flowing up and down your spine that keeps it upright.

The physical body is a condenser for the light rays.

The body is but the anchorage to the earth. The physical body is a battery. Man has wasted energy — he can recharge his body.

To raise the vibratory action of the body means you must give attention to things higher than the human realm.

You can cause every organ to function perfectly. The functions of the body are carried on unconsciously mostly, but are a self-conscious procedure. What is that procedure? So-called involuntary breath as well as the functions of the body are regulated and controlled by the Christ Self and the Body Elemental. The food we eat, and drink, are taken care of by them. Yes, even the substance which should not be taken into the body, such as alcohol, tobacco, meat, wrong combinations and excess foods and drinks. The Christ Self and Body Elemental take care of that too and protect the body as much as possible for most of mankind; yet for some it is not so and they are not able to partake of those things. The reason for that is that the Christ Self refuses to handle those things, because in former embodiments they had made certain attainments (which they do not remember), and should go on progressing instead of accepting the conditions of general mankind.

Your feet represent your understanding. Your hands represent the reception and giving of perfection of life. The eyes represent vision of perfection; raise the eyes above imperfection, to the Presence or Christ Self.

Swelling of the flesh is often caused by gas in the cells.

When there is a swelling one day and it is gone the next day—that shows it is not a dense physical substance.

Your physical body should be your temple of light.

Feel the Presence in blazing white above you—visualize white light flowing through the nerves clothing them in a golden radiance—the flesh white with golden radiance.

CENTERS — CHAKRAS

Chakras are centers in the Etheric body corresponding with the ganglionic centers in the physical body. Glands—organs are the physical parts of the body in relation to these centers. Through the chakras flows an inner energy or force.

In this new instruction giving the understanding and practical use of the I AM Presence the occult law is set aside concerning the developing of the seven centers and drawing the fire—the kundalini up the spine. The centers of consideration are heart, head and throat. This development is controlled through the action of the Presence. And when It acts there is perfect balance of love, wisdom and power; all danger is eliminated.

When the pituitary and pineal glands become attuned (balanced) illumination takes place. When the light expands in the heart it goes to the head and brings about illumination. Quite the reverse of awakening the centers with the intellect. Knowledge of the I AM Presence and Its action in producing results is in many phases of the law a reverse of the old occult law.

The pineal gland is where the light from the Source enters.

The energies of the lower centers will rise or be drawn to the heart, throat and head centers.

In this new cycle just begun we will work through the centers of the heart, head and throat; controlling all through those centers, instead of as in former teachings, by concentration upon the physical organs or the lower centers. We will no longer use the occult way of working to develop and control the life force from the base of the spine up to the top of the head through the seven centers. The lower centers will not be concentrated upon as previously.

By working through the head, heart and throat centers the others are then naturally developed through the action of the I AM Presence, without having to struggle through the human qualities as formerly. Each center is the focus for a certain constructive or God quality and the connection of one of the seven bodies. At present the centers are also a point or seat of certain human or destructive qualities. Each center originally represented a certain constructive quality; but in mankind's present condition all the centers except the one at the top of the head are expressing some quality other than constructive — rather the opposite of the original one designed to express through that center.

The action now is to definitely develop the centers in the heart, head and throat, and learn how to let the I AM Presence take command again.

However, as each center represents one of the seven Rays, the Elohim, Archangel and Chohan of that Ray focalize energy through that center. We can call to the Elohim, Archangel and Chohan of the Ray represented in each center to blaze and intensify Their light there. That is a perfectly safe procedure and not dangerous as the former practice was.

* * *

Levitation is an activity of light. What enables one to levitate? It is his own Christ Self (Higher Mental Body). When one's light has expanded sufficiently to let the Christ Self take command, and it has raised the consciousness and vibratory action of the physical body, it is connected by a light ray with the Christ Self, and He walks on it. Then when one stands in the atmosphere the air feels substantial or solid under the feet.

Those who walk on fire in reality have their Pillar or Tube of light in-between their feet and the fire.

We should give all back to the Presence including our bodies. We don't own things, all belongs to the Presence. It is the holding on to things that prevents levitation. The student may want to give all back to the Presence and in the intellect he thinks he has, but not in the feelings.

Rays of light go out from every cell and through every pore (from the Christ Self and the Presence), to some distance around the body. When one feels tired those rays shorten and droop; that enables the sinister force to drive in more easily.

Pores are little openings (with a tiny hair in each) through which originally poured (pore) out a small ray or stream of light. Hair represents a ray of light. In former ages a head of long hair meant power, the more and longer the hair the greater the power. In India even today Masters and devotees have long hair and wear turbans to cover it.

The physical bodies of most people are smaller than their divine pattern. This is caused by discord in former embodiments. A very small stature is caused by intellectual pursuits.

HABITS

Your outer self is the means by which you hold the attention by which things are accomplished. Habits are established by your attention on the appearance world, by accepting it. There would be no problems if it were not for the misuse of attention. Habit is accumulated energy charged with a given desire. In case of wrong habits of food, drink, etc., you can say: "My Magic I AM Presence, take charge of my desire"; and also use the Transmuting Violet Flame to transmute wrong habits. You can do this also for another whom you wish to assist.

Human or wrong habits—don't fight them but just ask the Presence to take them out. And all of a sudden you will find they have disappeared. Do not battle or struggle; that is the outer trying to be the doer; and sometimes just makes matters more intense or worse. In great firmness in the feelings ask the Presence to take them out, transmute

them and replace them with Its desire and perfection.

The place habit forms is in the clothing of light, the forcefield — the density of the cellular structure. The realm of habit is the forcefield around the points of light, and also in the emotional body. All those habits are *feeling.*

The atomic structure of your body has a consciousness of its own. Habit—do a thing twice or three times and it is a habit.

You have an atomic consciousness; that is what some call sub-conscious. It is the seat of all habits.

The Body Elemental and the elementals comprising the body obey the commands of the individual, and that becomes their action. That is what makes habits so potent.

Transmute cause, core, record, effect and memory of every human habit and replace it with the perfection of the Presence.

LIFE

THE only thing that belongs to you is the life and energy you are using.

There is nothing else in the world to deal with but your own life.

Life provided the Earth for you. Life asks no interest on its use. All it asks is obedience—it asks so little.

Life is wonderful—holding all the glories of the universe within itself.

All that ever acts is *Life*. From the smallest to the greatest (thing) there is a definite action. Life is action—life is not quiet. Life in its freedom of action is always dynamically positive.

The life that beats the heart is that perpetual motion.

Nothing in the universe is practical but life.

Nothing is so successful as naturalness. Mankind has become so artificial.

As you call forth life and it flows harmoniously through you, you bless life.

Until you know yourself, you are two distinct individuals—the human and divine.

When you change your attitude toward life it changes toward you.

The need is not so much to change occupation, but attitude. It can be as effective as a change in sense of direction about a place. For instance one is going south on a

highway but it seems north, so to the left would seem to be west yet it is east. When he gets the sense—the consciousness of going south is immediately reversed. What makes the change? His consciousness—he thinks it and when the feelings completely follow that, instantly it changes. We often feed our very life into the thing which will harm and limit us.

When you balance all to life you will feel an ease, a comfort, you had not felt before.

Mastery means just the dominion over the human or outer self by light — Life.

Determination is the greater action of life called forth through your human self — charging your feeling world. Your determination is the power of the greater light acting within the lesser. Determination is the activity of your life asserting itself for the perfection which it is.

When people oppose the light they oppose their own life.

In life—God—there is no beginning or end. God is all in *all,* and these are but human concepts of the limited intellect.

Man expands, not evolves. Substance evolves.

Necessity is the mother of powerful impelling force.

Life has said we should use 40 per cent of the Presence instead of only 10 per cent. The Presence is within but the greater part of It is without — above. This process (activity) works from within out. Life is very flexible. You transcend the three dimensional plane of consciousness, which in thought and feeling you do even in your daily

activities. You can in thought—in consciousness—go to any other city or place, yet the physical body stays where it is.

Unless you cooperate with life, give obedience, you cannot be harmonious to your fellowmen. To the student who gives obedience will come everything that is required.

You have all right to command substance and energy but not human beings; to command one must first learn to obey.

Everything in manifestation is obedient to mankind, if they only knew it.

Harmony in the feelings, conservation of energy and the call to the Presence is the little obedience life requires —a trinity of action.

Reason for disobedience is determination to be the authority in the outer.

Only as you yield to the appearance world will you have lost harmony temporarily. The easy way of keeping yourself harmonized is the outpouring of love and blessings to all everywhere.

Grace means what? A harmonious way to correct disgrace.

In joy is comprehension. In harmony is understanding. Light is self-luminous substance; harmony is self-luminous substance. To keep harmony there must be a steady outpouring, without interruption.

Your discrimination should keep you from requalifying the energy (you have called forth). Discrimination is the highest part of wisdom.

Keep happiness acting in your world. When you are happy the points of light in every cell breathe in rhythm. All happiness comes from the Presence, but you think it comes from things in the outer. Happiness does not require things, or conditions. Happiness alone comes from your heart and you can generate it at will. Happiness is energy qualified. Happiness is much more than just in the intellect, or the outer—because you have full feeling of it.

Pour forth earnest determined gratitude to life. Pouring out gratitude will shut out all less than perfection. It is one of the easiest ways to overcome financial limitation.

Freedom is—all constructive qualities acting.

Humbleness is the means by which your freedom comes.

Whatever you do be humble before that great Presence Who gives you life. Always be humble before the light no matter what manifestation takes place.

There is no greater activity than *friends*. The word friendship is the greatest thing outside of the Presence. It means impersonal perfect desire.

Free will—every lifestream is free to choose what service to life he wishes to give. Free will is paramount and the prerogative of your free will may not be intruded upon; even the Masters may not intrude to save one from so-called death. They do all that the law alllows but they may not intrude.

Elixir of life is just the substance of your own life brought into visibility.

Many people have heard of or read something about an elixir of life, which is said to restore and sustain youth. That has been an alchemical study through the ages and in fact can be produced. Since mankind have gotten into this density, discord and disease and away from the original plan of life, they have lost their eternal youth and beauty. Some highly illumined human beings have been able to draw forth such an elixir.

What the elixir does is increase the vibratory action of the cells. This can also be done by direct contact with one's own I AM Presence, when there is sufficient development in the outer self, thereby raising the vibratory action of the nucleus or center core of the cell or atom and also the electrons rotating around it. That can be set into action and sustained by the I AM Presence.

In the early ages when mankind lived in perfection as is still done now on other planets they did have some revitalizing drink, of a similar constituent as elixir. In the 18th century in Europe when Saint Germain was known by many, on more than one occasion He produced such an elixir and gave it to certain persons which returned youth to them and sustained it.

When mankind in general had lost this greater perfection, some powerful destructive human beings (by some termed black magicians), conceived the idea of creating a liquid to imitate this elixir; which would be a stimulant. Out of that our present day intoxicating liquor has been derived—sometimes called "fire water."

Evergreen trees denote everlasting life.

LIGHT

Life is everywhere, light is its activity. Light is the radiance of life. Light radiates first from a flame. Primal substance is light.

Mankind come and go but the light goes on forever. What is that light? The light that beats your heart—it is the authority of the universe. It is that perpetual motion.

Light is to your activity what blood is to the physical body.

What allows you to accept? The light in you.

Stand in the light and draw to yourself your own. Become one in the world but not *be* of it.

Abide in the activity, in the wisdom of the Presence, which is light.

Not only are you clothed with this light but the intensification of the light ray from the Presence takes place.

A ray of light is self-luminous intelligent substance. All is substance of light; the world, your bodies, the Presence.

Light — when it reaches a certain vibratory action it compels all to bow before it.

All constructive activity is the use — the release of the power of light.

The power of light is the supreme authority over all appearances.

How that light in each one leaps forth at the thought of its freedom.

Feel light currents flow through (you) —as water flowing over your body.

Jesus said: "I AM the fullness of that light."

Time of *just* meditation is over. Today is the day of action — action of light.

We should each one be a focus or center like a light bulb radiating out light; which is qualified with harmony, peace, illumination, healing or any God quality.

Light is substance; that is very evident in a searchlight. It can be seen plainly in a beam of light from a big searchlight that sometimes plays over a city.

Why the expression — "have or get light on the subject" when a thing is not understood? The same with wrong beliefs, distresses, confusion, perplexities. When a thing is understood it takes all the mystery out of it, and fear is no more. As one in a dark room when the light is turned on has no more fear. So it is in understanding which is an action or phase of your consciousness when light, a self-luminous, intelligent substance enters it. Enough light on a subject illumines and clarifies it.

One's state of consciousness is determined by how much light he lets pour through him.

Some people are never daunted by the weather, no matter what the condition. That is because they have enough inner light coming through themselves.

Many times mankind want to do things but cannot give response because the light within is not strong enough.

LOVE

Divine love is intelligence, energy, substance—life in action. Love is a self-luminous substance, an impersonal activity in essence; it is kind consideration.

Love is the motivating power of the universe and all

therein. It is the fundamental principle of all creation.

Divine love is a seven-fold activity—seven things we must have for perfection. Divine love is a presence, light, principle, intelligence, power, substance, activity.

The heart is the focus of divine love in you. The sun is the focus of divine love for this system of planets. The Central Sun is the focus of divine love for our system and those others around it.

Harmony of life is divine love. When you have harmony you have an outpouring of divine love.

Force is qualified energy, charged with a human quality.

When a force is to be governed it must be positive love. If love is not real it becomes repellent. Love is proved by action, not words.

Divine love must be governed by wisdom and released by power. Power alone without love creates fear. Wisdom alone becomes cold. Love alone runs into human qualities. Where there is fear there is not love—if we love God, the Presence, there can't be fear.

One should rest like a child when he gains confidence in the Presence.

Divine love can be tangible substance. Mother love is the closest to pure divine love and has many times given protection. For example boys in war were protected by their mother's love enfolding them which is a tangible substance.

Physical contact is not necessary to love one another; but instead it is poured out from the heart one to the other through light rays.

Birds and animals go to a Master because he is an outpouring of love through devotion to his Source. It is that and not attention to them but on the Source that draws them to Him.

FLAME

Primal substance is light. Light radiates first from the flame.

Flame is a concentration of a light ray; as you can concentrate the sun's ray through a glass till a flame is produced. A flame is a ray of light condensed or concentrated sufficiently to make a flame.

A flame comes from the invisible into the visible, and when extinguished it returns to the invisible — four dimensional.

The Sacred Fire is master in any sphere. The Sacred Fire on Earth has been held in the Retreats of the Masters up to this time. Sacred Fire is primal light consciously qualified with a specific quality.

The Sacred Fire invoked or called into action can do what physical fire cannot do. The use of the Sacred Fire will not harm anyone.

The Sacred Fire is flame qualified by some self-conscious Being; it is qualified by feeling to act in a specific manner. This is already qualified and concentrated energy which anyone may draw forth into use in a perfectly natural way. It is no mystery but is as scientific as anything in the outer world.

The action of the incoming cycle is to invoke these virtues and powers.

Jesus applied and taught these same activities of the

Sacred Fire. In His time the law did not permit it to be given to the masses, as is done now. So He gave it to them in parables; but He did give it to the disciples and those close to Him, to whatever degree they could understand. Lord Gautama Buddha also understood and applied these same laws; as did Moses and all avatars.

The Three-fold Flame is a direct activity from the Godhead. The Three-fold Flame is a focus of light projected by Ascended Beings qualified with balanced activity. In the new age It will be the manifestation of the Godhead; It will be transmuting and creative.

The three plumes of the Three-fold Flame represent love, wisdom and power. It represents the three activities of fire — consumes or transmutes, creates, and sustains.

The Three-fold Flame on Atlantis was in Its consuming or transmuting activity. In the time of the Buried City of the Amazon It was in Its creative activity. The Three-fold Flame in America will be in Its creative activity.

Wherever there is a trinity of action there is always the balance of the Three-fold Flame. The fleur-de-lis is a representative of the Three-fold Flame.

The Transmuting Violet Flame comes only from the feet up; the Three-fold Flame can come from above or anywhere.

When the Presence is called into action and It acts it is always a balanced activity of love, wisdom and power. It is the triune action of God which takes place in all creation. It is represented in the Three-fold Flame as

love by the color of pink; wisdom, gold; power, blue; that is the trinity of action.

Everything is a trinity of action. All divine action in the world moves in a trinity of action. Heart beat of electrons, the Christ Self and physical heart should beat in unison.

Everything is two-fold, and the combination of the two makes a three-fold activity.

Out of the three-fold action come the seven rays and the seven-fold flame. There are the three rays, and then the Third Ray is divided into five rays making seven in all. Man has five fingers and five toes which correspond to this division of the Third Ray, denoting manifestation in the outer.

Each individual is in reality a ray of light. By the capacity to recognize oneself as a light ray extended from the Presence through the Silver Cord (which is a precipitated light ray) one can learn again how to draw or create a ray of light and through conscious direction project it forth to render a specific service. You are really a precipitated light ray. Everything is in that ray of light (from the Presence). An idea becomes a building. You have the idea and then gather the substance around it.

That immortal flame in the heart is the very tip of the extension of the Individualized Presence of God through the Christ Self. The Three-fold Flame in your heart is projected and directed by the Presence. It is what gives you being—life and intelligence; enables you to think, feel and say "I AM" and gives you the capacity to create.

The Three-fold Flame is anchored in the physical heart and around It is coalesced the physical form. Radiation from the tiny Three-fold Flame in the heart keeps the function of the body going. It supplies you with energy. All you use in a lifetime comes from that tiny flame, God dwelling in you.

The Three-fold Flame of divine love is the Flame from the heart of the Presence. The Presence is anchored in the Three-fold Flame in the heart. It is within and what needs to be done is expand the Flame through adoration and acceptance and draw more and more of the Presence from within through the outer self. Draw It from within (a four dimensional activity) out.

This Three-fold Flame in the heart is the jewel in the lotus as termed by some teachings.

What keeps that Flame in your heart beating? You say, God. Yes — an Individualized focus of God — the *real* YOU in you — the "I AM Presence."

The expansion of the flame in the heart is the activity that illumines *all* to you.

The voice is radiance from the flame in the heart.

Various actions of the Sacred Fire can be and act at the same place and time, physically speaking. They do not interfere with each other because each has Its own vibratory rate; but they do sometimes enhance each other and by combined action produce greater and quicker results.

A flame or action of light consciously called forth begins to recede (be drawn back to its source), unless given attention at least once in twenty-four hours.

KARMA

KARMA is the law of cause and effect.

All your words, all your feelings, are the creations you will some day face unless you call the Presence into action to transmute them (the imperfect ones).

Karma is returning to people every day which most do not understand. The life pattern of each individual knows its own and returns to its source—that is the circle of life. As ye sow so shall ye reap. Wrong thoughts and feelings—karma—goes to earth's periphery and then begins to return. If it be discordant the longer it goes the more it gathers of the same quality to it on its return; unless however one transmutes it by the use of the Violet Flame. It may be slow returning, but since the release and increase of Cosmic Light it is returning much more swiftly than formerly. Then much of it did not return in that embodiment but in some future embodiment. That accounts for distress, disease or accidents which apparently come about for no known reasons. That explains the seeming injustices so often encountered.

Accumulated karma of former embodiments causes stooped over conditions and hunch backs; these latter are usually results of some terrific commitment of wrong. That hump is human creation.

Why do some people walk heavier than others—some very small person may walk with a much heavier step than

some large person. That is because of the weight of human creation about that person.

When misfortunes befall some they submit to it, saying it is God's Will. Of course God never imposed anything less than perfection on anyone, but it is just one's own human creation returning and taking its toll; the effect of causes set up in this or former embodiments. Karma is misqualified energy returning to its creator for redemption. All reaction comes from human qualification of energy released from the Presence.

When one comes into this understanding — steps into this Stream of Light, it causes past accumulated karma to come forth, seeking redemption.

Through the Presence — by calling It into action we can transmute and balance karma and need not experience its reactions as in the past. The Presence projects forth light rays to render this service. Instead of as in former teachings one had to learn only by what the outer self could do in outer service, or what he could draw forth. Call on the Law of Forgiveness for any and all wrongs committed. Ask the Presence to project Its light rays and Violet Flame into karma or injury imposed on another and transmute it; and replace it with a blessing. Then pour divine love to them.

When we come into embodiment each one is given a span, an approximate time, set by the Christ Self. Sometimes when one comes to the end of the span of life much is crowded in at that time. That is because they have

wasted time and not accomplished what they had come to do.

In giving these decrees for all mankind is the quickest way to balance karma.

The final embodiment may be very strenuous. That is because on the inner one has agreed to take on all one's own karma in that embodiment and transmute it. All karma has to be transmuted and some balance given to life before one can make the ascension. Furthermore at this time of world change many students agreed at inner levels before taking embodiment to help Saint Germain transmute and clear the Earth of the discordant creations and actions.

About 75 per cent of discord is mass accumulation; 25 per cent is our own human creation. When the discord in the atmosphere is consumed mankind will be relieved of about 75 per cent of their present creating capacity of discord.

The wrong use of the Elements always brings a recoil as do any actions creating karma unless one expiates the cause and balances the effect through conscious application of the Law.

The cause of droughts is misuse of produce by storing it and most of all by destroying food to keep up prices. That food should be distributed—there being many needy, who are also God's children. Nature rebels at such wrong actions, and reacts in droughts and destructive weather conditions. Destruction returns upon itself.

We create karma not only by commission but by *omission* as well.

At the end of each year the cosmic law permits at inner levels the transmutation of the karma of each lifestream created through ignorance and with no deliberate wrong or evil intent.

After transition, while dwelling at inner levels in between embodiments the individual can also expiate some of his karma, especially now that they are taught the use of the Transmuting Violet Flame there. They appear before the Karmic Board in the Halls of Judgment and are given their assignment. This is not to be feared as those Halls are a place of great mercy and not of punishment. In Temples there they are taught the Law according to their comprehension, and certain application is given; also they are given some service to render each day.

Through the years of public instruction of this teaching much accumulated human creation has been transmuted for the students who render impersonal service to mankind and the Earth.

What you sow you must reap; that is a fundamental principle.

Just to repress or push back karma is not real freedom nor permanent for it must some day be brought forth and transmuted.

When we know the I AM Presence and have Its action then experiences of reaction are no longer necessary. Experiences are for the purpose of teaching a lesson. Trying

experiences release an essence that cannot come in any other way.

The structure of a child's body and characteristics are determined somewhat by its parents as well as by its karma. Children take on things from their teachers and associates and those whom they contact and from etheric records of the past which are in the atmosphere. Accumulated discord may not begin to act in a child till 13, 14, 15 or 16 years of age, depending on its development. If there is discord in the family it may act much sooner than that.

Most everyone has had the experience of trying to accomplish some certain thing and working up to a peak — just about to accomplish it when suddenly something happens and prevents it or even throws the whole thing into ruins. That usually is some karma in that one's own lifestream, a certain quality or force which reacts right at a crucial moment. We usually blame some person, place or thing when it is our own misqualified energy returning. Therefore it is so important to earnestly use the Violet Flame to transmute all such subtle forces.

Students often become discouraged when things do not work out as soon as they would like or think they should. They may begin to wonder; which is really doubt. Doubting the powers of the Presence is just a human quality. When the Presence acts, which is the power of God, there is no obstruction to It. The obstruction is in the consciousness of the individual, particularly in the feeling world. The student should take in consideration the many

centuries and embodiments that he has been using God's energy, qualifying it with some human or discordant quality, which is now his obstruction when he wants to serve the light — God. That stands there until he has called forth enough power, light or flame to transmute it.

The human one cannot depend on — not even one's own. The worst enemy is one's own human creation; it will trick us up at the most crucial moment.

The accumulated destructive force is small in comparison to a consciously directed force. America has been released from much accumulation.

DEATH

There is no death as accepted by the outer consciousness of mankind. So-called death is just a withdrawing of the soul, the spirit, the *real self*. The withdrawing of the life energy of the Individualized God-Self, that part of man "made in the image and likeness of God"; which ceases existence in the physical form, leaves the body inactive. Although the organs are still there as before, the eyes do not see, the ears do not hear, and the intelligence has gone. The *real self* is but released of this habitat and free to enter higher realms—realms of beauty, harmony, peace. The individual just passes from this physical realm of expression into greater freedom.

The individualized identity is eternal. When the outer form has become too discordant the life releases itself. Decrepitude and death are caused mostly by misuse and waste of sex energy and emotional uncontrol. The body

is but a garment and the individual has just changed garments, as one changes coats at the change of seasons. Being in a finer body after transition he is much more alive than before.

The body, the wornout garment is composed of the elements which form our planet. It ought not to be buried, which contaminates the actual substance of the Earth; and is the cause of much of the distress and destruction of mankind. Decomposition causes gases; and these accumulate in the gas belts of Earth. By cremating the body the qualities of discord and impurities are transmuted. Also the destructive element in the emotional body of the individual to a large extent is transmuted; which frees the individual to go to the realms of light. That is a great blessing. That has been understood by those of higher knowledge when cremation took place. In ages past the body was placed in the Sacred Fire and instantly transmuted. That substance was returned back to the universal; and that is in accordance with the great law which governs the universe.

Even in the realms of perfection when a thing is of no further use, when it has served its purpose, it is returned back to the universal to be used in some other form. People of wisdom have always adhered to this law. They have cremated the bodies without embalming, as is even now the practice in India and with some peoples. The body should be held without embalming on ice or in a cold storage place for three days (72 hours) then cremated. The ashes can be placed in a river or stream of running

water. Then we have complied with the law of the four elements; that completes the activity of earth, air, fire and water.

Embalming has sprung out of black magic practices and from the action of mummifying corpses. Embalming from the inner standpoint is very distressing and causes much suffering to the one that has passed on.

The passing of a loved one should not be a sorrow or grief to any one. Grief in reality is a personal sense of loss or selfishness. Grief is caused by self-pity; it is a feeling of personal loss. Instead it should be a gladness for the freedom and new opportunities of the loved ones.

Even you, remaining here can go to your loved one during sleeping hours. You can make the call to your Magic Presence to take you there while your body sleeps; and if on awakening you do not retain the memory, that is no proof you were not there. You go some place while you sleep. Your consciousness is not in that body, so you must go somewhere. Have you ever thought of that?

You can visualize and ask your Presence to create a beautiful bouquet of roses or whatever flower you choose and take it to your loved one who has passed on. And it will be done. At inner levels substance responds and manifests instantly. That is as real and tangible in that realm as any physical thing is real to us here. It can be done with other gifts as well as with flowers.

So-called death gives one a period of rest from this outer world of living which is a strain and stress for most people.

It gives them a chance to draw strength and energy until they again come back into embodiment. Re-embodiment gives new opportunities. This has been going on through the centuries, we have come again, again and again. We come again until we learn our "reason for being" (control energy) and attain the Ascension, which is the purpose or *goal* of all embodiments. Jesus taught that and left the example of the *Ascension* for mankind to follow. But who has done so?

The conditions — actions concerning a soul, the individual who has passed through so-called death—are very different today than they were twenty years ago.

RE-EMBODIMENT

Life and so-called death are a similar action to the flow and ebb of tide. Death represents the ebb, and the next life—re-embodiment (re-incarnation) represents the flow of tide again. Also as a tree loses its leaves and the sap recedes, then in Spring it comes back and is full of life again, yet it is the same tree. So it is with individuals passing through so-called death. That same soul comes back in another baby body. That takes place many, many times.

It is only through this action of life that we can explain the attainment of a prodigy manifesting, such as a child, without training who plays musical compositions that require great accomplishment. Born of parents who have no musical talent or ability shows that it is not hereditary; he accomplished that in a former embodiment and

brought over the memory. That is the same with any other accomplishment, such as literary, linguistic, scientific, and so forth.

The same law applies on the destructive side, as individuals born blind, deaf, mentally unbalanced, crippled or deformed, or born without an arm or a portion of a limb. All those things are due to karma or wrong doings in past lives.

Embodiments are taken in a certain family for one of three reasons. These are: similar strong desires; condemnation or criticism, therefore one has to live under a similar condition; or, to give radiation to others or certain conditions.

What understanding one gains in this teaching he will (carry) retain when he passes through transition and be taught further there; he will be given full feeling of it.

Your firm positive desires become the compulsion of the next life.

The reason for physical embodiment is to learn to control energy, use it constructively and become master of energy. The purpose of embodiment is to learn to magnetize and radiate.

Up until a hundred years ago it was seldom that individuals embodied under one hundred years from the time of passing.

Wrong and uncontrolled thoughts and feeling, human desires and appetites have propelled individuals into embodiment after embodiment. Human desires and appe-

tites are just accumulated energy of a specific quality and through outer expression become habit.

To free oneself from re-embodiment one must make conscious effort to understand the law and contact his own I AM Presence. The only permanent release from re-embodiment is through the *ascension.*

There is a certain amount of energy allotted for each embodiment; and an approximate time set by the Christ Self to do a certain phase of the Divine plan in that embodiment. That accounts for some invalids living for years although unable to render any service whatsoever.

Re-embodiment gives opportunity for further service to life and develops a more rounded out nature. It also allows opportunity to right wrongs and make a balance.

In between embodiments while individuals are in the realms of light their karma lies quiescent in the atmosphere of Earth. And while there they get great understanding but without the knowledge of the I AM Presence they do not bring it with them into physical embodiment.

The youth of the present age are mostly advanced lifestreams, therefore strong willed and very determined; which is right and good but needs to be understood by them as well as by adults. The selective intelligence and discrimination of the (Higher Mental Body) Christ Self is not yet sufficiently or fully acting through the lower bodies, therefore human qualities act and are intensified by the strong will.

There is a Divine plan for each one. Your lifestream

wants you to do certain things. You can do many constructive things that will even benefit mankind greatly yet it may not be the thing for which your Christ Self brought you into embodiment. It doesn't matter much who we were in former embodiments. What we are today is a composite of all embodiments; the need now is to go forward—become the Presence in action and fulfill the Divine plan.

The Masters said years ago that through this understanding students could, through the decrees and songs, render service, which would otherwise take ten or a dozen embodiments.

Many patriots are come again and are staunch students of the light today.

The majority of American Indians formerly did not leave the atmosphere of Earth at passing from one embodiment to the next; because they didn't want to (must have choice). That no longer is so. They understood there was no death and just awaited opportunity to embody again.

Human beings do not incarnate in animal forms and never did. They are individualized Flames of God and will always remain so. Animals are of another evolution.

ELEMENTALS

LIFE has provided a planet of four elements — earth represents the density (the physical); water represents the emotional body; air your freedom; fire the power of purification and immortality. Water is the greater part of earth as the emotional body is of your energy.

The four elements are inhabited by elementals which act only in divine love in their natural state. These are not immortal beings; but an Ascended Being can confer immortality upon them.

Science tells you your body is composed of billions of atoms or cells. An atom is composed of a nucleus around which spin a certain number of electrons at a certain vibratory rate. The number and vibratory rate distinguish the quality.

All substance is intelligent or has intelligence within it, and will respond to intelligent direction. All intelligence in substance is vowed to obey the commands of the individualized beings of God who say "I AM", beings with the immortal Three-fold Flame in their hearts. That is how creation takes place. Through that same action is how imperfection and destruction can be made manifest.

An enjoyable practice one can enter into is to picturize or visualize every atom a beautiful little being, a replica of one's own God Presence. The action of them is to mimic or become that upon which their attention is

focused. Feel each one a little separate being, alive and joyous with the light of the Presence. When one can really *feel* that, it gives one a joyous feeling and a new interest in life. It is a good remedy for loneliness. Then the atoms take on the quality of the Presence instead of the discordant qualities with which one is surrounded.

The nucleus in an atom is governed by the flame within the heart; and the electrons circling around it are governed by the nucleus; they outpicture according to the nucleus.

That is what manifests in lizards when they move along a wall, they becoming the color of the wall. When they move to another section of a different color, their color changes, becoming that color. The same principle manifests in some other animals. The elementals become that upon which their attention is directed. That is the principle applied in so-called miracles or instantaneous healings.

Nature never produced anything that would be destructive to mankind; but mankind's feelings compelled nature to obey and produce destructive forms.

Beings of the elements are the working intelligence in nature. They produce the vegetation, bloom and crops. They range in size from about or less than one-fourth inch to seventy or eighty or more feet. There are some large undines in the oceans that size.

Of course it must be understood that this is to be used only for constructive purposes; for the blessing and good of all. Otherwise karma is created that will have its re-

turn and ill effects upon its creator, and which he some day has to redeem before he can be free.

When the individual consciousness can control the atom he can precipitate. He can have eternal youth and beauty and completely control and govern his world.

Water is a condensation of substance from out the Central Sun. In every atom of water is a point of light. About eighty per cent of the body is water. We can qualify water with the full power of Cosmic Light. Water is a natural chemical action. It purifies. Water is a purifying element but in a different way from fire. Water separates or segregates the elements into their component parts; while fire transmutes or changes the actual substance into another quality or into its original pure elemental state. Fire returns it back into the universal substance.

Water is a non-conductor to psychic force.

We have the four elements of nature—namely earth, water, air, and fire. Each of these is inhabited by beings. Some are called Nature spirits. The gnomes, elves, brownies are of the earth element; the undines of the water element; the sylphs and fairies of the air element; and the salamanders of the fire element. They do creative work each in their own elements. They are the workers of nature. Originally they did only constructive work; but as their duty is to obey the commands of individuals endowed with the Three-fold Flame in their hearts (meaning mankind), they have been forced to do the will of man of which much is destructive and imper-

fect. Their nature is to mimic or outpicture that which they see. They are also weighted down with the discordant qualities of mankind which causes destructive actions on their part, as storms, hurricanes, cyclones, volcanic activities and such like.

Each element and the beings in that element are governed by or under the charge of a Cosmic Being. The destructive activities of nature can be controlled by mankind who understand the law and how to make the call to release the elemental beings from the discord imposed upon them. One can call to the I AM Presence and to the Masters or Beings in charge of that element and Who govern such activities, to direct into and enfold the conditions in Their Cosmic Flame and transmute all discord; and flood them with Cosmic Love. Then visualize the violet or purple Flame going forth from your Presence and the Great Beings transmuting the discord into peace and harmony. Then see the pink flame of love enfold the beings of the element, making them again happy and free.

Originally the Earth was created of pure substance, not so dense as it is now, but more translucent and radiating iridescent colors. As the discord of mankind increased the substance of Earth became soiled and more dense and dark. That is why earth or ground is called soil; and because that is a qualification it would be better not to use the term "soil" but "earth" or ground instead.

The electron itself does not take on or become a discordant quality; but it is clothed, as it were, around with discord. As a light bulb may be covered with dirt or a

dark cloth which shuts in the radiance causing density; yet the light or filament within is not changed. This density is the state of the Earth and the bodies of mankind at present.

It is the earth substance that holds the form; without it we would have no form. Air does not hold form. Water being denser than air does not hold form but seeks its own level.

Until recently the Christ Self did not take control of its vehicle (the body) until about the age of twenty-one or later. Now there has been released a dispensation in which the age has been lowered several years. Up until that time the Body Elemental is in control. It makes the baby body stretch its arms and legs and move about for development physically. It focuses the eye just enough and not too much, enabling the child to see. It governs the functions of the body. Also it is the nature of a child to copy — copy actions, mannerisms, desires, etc., of adults; because that is the natural action of the Body Elemental.

You can call to the Presence to take your Body Elemental out at night while you are asleep and teach it the use of the Violet Flame, then it can begin to help you use it in your physical body and world.

Elemental nature being so adaptable it quickly adjusts itself, for instance when a cold spell comes on; usually in two or three days or sooner a person does not feel the great difference in temperature as right at first. That is because the elemental life of his being has created or set up a resistance to it (the cold).

Beings of the elements are assigned (required) to render specific service, and are usually confined or restricted within a certain area. They can leave only by permission. After a long time of service an Ascended Master can and does bestow upon such ones immortality if they wish it. They sometimes refuse, having seen what discord mankind has created. If they accept they can take physical embodiment as any human being; go through embodiments fulfilling the requirements and make the ascension.

If ever in danger of fire call to Oromasis. In case of a fire call to the Presence to pour Its radiance over it—see it as a pink blanket. Also call to Oromasis and the God of Fire.

Young children often see and even play with fairies and other Beings of the Elements; for which (if they let it be known) they are usually chastised by their parents and others.

HEALING

In healing, a flame transmutes the discord through the use of light rays.

When we call the Presence into action It projects forth light rays and transmutes the heavy or dense particles in the forcefields around the electrons composing the atoms, thereby re-establishing a normal condition; transforms the body and it becomes whole. The light ray is a current of energy projected by the Presence or a Master; although unseen it is tangible and produces results. The light ray does bring about an effect similar to the use of radium or ultra violet ray used by the medical profession in cer-

tain conditions. In comparison the use of light rays is so transcendent that medical science seems crude.

Much ill health is caused by inharmony in the feelings. In healing what is needed is healing of the feelings. As the lower bodies are cleansed the individual's own life energy is enabled to flow through harmoniously.

In doing healing get very still. Give recognition to the I AM Presence (and Christ Self) of the individual being assisted, for Its existence in the universe. Pour love to It and call on the Law of Forgiveness for having been forgotten and neglected for such a very long time (especially one not knowing his Presence). Talk to It to come into action in that outer form, mind and feeling world, to take possession and make it Its vehicle of expression, produce perfection and fulfill Its divine plan. Also give recognition to the Body Elemental and talk to It. We can call forth and visualize the Pillar of Light around that one for protection and charge into it the healing power. Call on the Law of Forgiveness for whatever has caused the condition and use the Transmuting Violet Flame with great intensity.

You can then speak to his mental and emotional bodies, silence them and then the powers can flow harmoniously through them and the healing take place. You can speak to their Presence and say: "Magic I AM Presence, You take charge (or command) of him (or her) down here." Visualize the golden healing essence, like an oil, going over the entire nervous system. (Strong coffee is one thing that burns off this essence.)

Put the whole action completely in the hands of the Presence and the Masters (to Whom you have called). Have no thought or *feeling* of concern; just know the action is going on according to the light of the individual.

In healing you can have the action of the light through the heart from within, and from without the luminous Presence of an Ascended Master around the person. A flame from within and one from without and when the two meet and merge that re-constructs the atomic structure. Then command the points of light in every cell to expand; call the person's Presence into action. Get It into action in that outer form, with the luminous Presence without. One can do that without personal contact or even knowing the individual. We have an advantage here which other types of healing do not have. There is no organization or person who can stop it through outer means or law.

In deformed bodies when the human creation has been removed that caused the condition the atomic structure does not always straighten out right away. It may take a little time; and, sometimes even when it does straighten out at the time it will fall back into the former condition because the beings of the elements composing the body still hold that consciousness.

Missing portions of the body (limbs, eyes, etc.) could easily be restored if the thoughts and feelings were purified, because the light pattern (in the etheric body) is still there. Substance can be drawn from the points of

light in the atmosphere, coalesced, and that portion of the body made (whole) physically manifest again.

Besides the assistance of Masters there are also Healing Temples at inner levels from which can be drawn healing power when one has mastered his feelings.

Two thousand years ago Jesus' dispensation of grace, the Sixth Ray, came into action and the cycle of the Fifth Ray, the Mosaic law, closed—a law of an eye for an eye, a tooth for a tooth. That meant a balance had to be made by paying in experience such as had been imposed upon some other part of life, in order to pay off karmic debt. Through the action of grace some of that balance to the law could be made by one understanding the law and setting it into action for another. This Jesus did. That is how He healed—by calling on the Law of Forgiveness and setting into action the Transmuting Violet Flame. The demons He commanded to "come out of him", were discarnates which had attached themselves to the individual, or carnate entities (destructive thought-forms). In His raising of the dead it was said that in such cases the "Silver Cord" had not been completely withdrawn.

Within the cause of disease is a core which is the action of thought and feeling—the creation of a certain quality. For permanent healing it is necessary to change that—to remove it.

Much disease is caused by conscious and deliberate projections. A great percentage of stomach trouble is caused

by direct projections. Most heart trouble is nothing but a pressure of gas usually caused by over-eating or wrong combinations of food. Much disease is also due to the acceptance of suggestions.

For healing and assistance one can visualize the luminous Presence of Jesus or some other Ascended Master. Picture—super-impose—the likeness of the Master around and interpenetrating the person or condition. See it quite a bit larger than the outer form, in blazing white light, or the color required. For energy use a tinge of blue; for love and comfort, pink; for peace, gold and pink; for illumination yellow.

Healing comes under the Fifth Ray. Through the use of light rays by Beings trained in the Fifth sphere ideas of various services of healing are projected into the consciousness of human beings (persons) interested in benefiting mankind.

The four Lady Masters, Mary, Mother of Jesus, Nada, Meta and Kwan Yin govern the healing activity to Earth.

Pus is caused by fear. Irritation causes acidity.

For skin rash one can apply pure honey—there is nothing better in the outer.

For eyes—use the violet ray, visualize a ray of light from the Presence come into the head and out through the eyes, then follow with a golden ray.

For pain—see a beam of light go from the Three-fold Flame in the heart of the Presence to the person, color violet and then gold or pink.

There is an Angelic Being over every hospital and such

places. These Beings are under the direction of Ascended Masters or Great Beings. There are also Angels that minister to the afflicted, and it is through Their services that the greatest part of the healings are brought about.

VISUALIZING

Visualizing is an action of the sight.

Some people think they cannot visualize, yet everyone does it constantly. It is simply to hold a picture in the mind. When you think of a loaf of bread you have instantly in mind a picture of some sort of a loaf of bread.

This will help you to visualize: look at lights or the sun, notice your feelings, then close the eyes and *see* and *feel* it.

Visualizing condenses light substance. As the picture is held in the mind (which forms the cup), the substance flows into it. Be definite — see it clearly in details. Hold the picture with intense stillness. Visualization is — to mold substance, energized by feelings.

Through visualization one can disconnect the human.

We can keep visualizing the luminous Presence of the Christ Self of each one we contact or think of, to enfold him. That helps us keep our attention on perfection, the Presence and Its activities. As we visualize the luminous Presence of a Master or Christ Self around a person it enables his own Christ Self to produce more perfection through that one. It helps hold destructive qualities in abeyance until they can be transmuted.

Visualize the light expand in the heart and become a

sun, then expand and enfold the body. See the point of light in every cell bluish white expand and burst into flame; do it again and again. Then see the body become transparent—as when we switch on a light, the filament becomes light.

When waiting for someone we can utilize the time by feeling our body become golden substance, then see it turn into a metallic gold like a sun radiating out.

For strength visualize a ray of light from the Presence, in it a touch of blue.

Continue visualizing, maintain harmony and enjoy it, especially in the feelings, and it will manifest. Of course it is understood it must be constructive and without selfish desire but only to fulfill the divine plan.

LUMINOUS PRESENCE

A most powerful activity especially for healing is visualizing the luminous Presence of Jesus or any other Ascended Master. It can be used for healing or to correct any condition.

What is a luminous Presence? Luminosity is a radiance thrown off. An Ascended Master can create His luminous Presence anywhere. He simply draws from the atmosphere the points of light into form, a likeness of Himself and charges that substance with the qualities required to render the service. It is sustained according to the command He has given. The light may pour forth from the heart or through the hand (palm) as is often shown in pictures of Jesus; or through the throat center, through

the eyes or from the forehead, the energy may be directed to bless life.

We can begin by learning how to make the call and by visualizing—we should hold a concentrated picture in conjunction with the call.

Hold the picture of the Master in your mind as definitely and clearly as you can. See it in blazing, dazzling light over the condition or locality you wish to assist, the light streaming forth from His body, or see it enfolding the person or condition. See it larger than and interpenetrating the physical form.

By mentally holding that picture it creates a cup or focus for the Master to pour His Essence or light substance into it, drawing that much substance from the higher realms. That substance cannot be requalified by any discord; but it raises the vibratory action of the substance. Therefore, like a harp string, as its pitch is raised it is attuned or tuned out of the discordant condition. Many instantaneous healings have taken place in this way.

It is this same action that manifests at these shrines so well known, like Lourdes and Fatima where so many healings have taken place. Through the attention and acceptance of the people there has been established a luminous Presence of Jesus or of His Mother Mary at that place which produces the healing power there.

It is good to visualize the luminous Presence around the Beings of the Elements. As this is done each day it becomes more and more intense. It is an action similar to the growth of a plant. To visualize the luminous Pres-

ence around the many, see it first around one definitely and clearly; then mentally duplicate it, knowing the Presence is the doer. It is an action similar to printing only this is done with the speed of light.

RADIATION

All substance in the universe is radiation from the sun. Radiation is the energy pouring out from a thing.

In giving instruction about three-fourths is done through radiation and only one-fourth through speech (or reading). The greatest part is done through radiation, not words. The same is true in reading the Ascended Masters' words (Discourses).

Your radiance will become far more powerful than the spoken word. You have a responsibility to your home, and those about you. We should at all times pour out radiation of healing, comfort, peace, and so forth.

Radiation generally is not seen, although it can be seen as heat waves from a radiator. Perfume or fragrance from flowers is enjoyed, also the aroma from food. These are made perceptible to the senses through radiation, which is carried on by elementals.

Radiation of the Masters is the same principle as radiation from a radiator, which will change the atmosphere of a room.

What is meant by the "hem of his garment" is the radiance from that Being. Learn to know and recognize radiation from the Masters; from Whom it comes. The great Law demands recognition.

While in the radiation or personal contact of an Ascended Master accomplishments seem easy, but when one is back in his own environment again usually it makes a big difference.

When we feel a soft velvety feeling in the radiation from the Masters that is the action of acceptance by the cells of the body.

Everything must come to you through the power of radiation. The intensity will determine the speed of action — the results.

Why do the birds and wild animals reject or refuse one of their kind that has been captured or handled by human beings? That is because they sense the discordant radiation of human qualities which have been imposed upon it by contact with mankind. In other words it has been contaminated.

Radiance from the points of light take on the form or pattern which is imposed on it. The electron vibrates so much faster than the forcefield around it, the radiation; that is why discord, the lower vibratory rates, can register in it.

When liquid golden light fills the forcefield of the electrons then you feel at ease. Then around that you can visualize pink, white, green, yellow and violet—the colors of the Causal Body.

MUSIC

Music is a universal language, even the score. All written music is understood in every nation. Everybody

responds to music to some degree. It is a vibratory action that penetrates the feeling world and that cannot be resisted. Good music has healing qualities, especially certain melodies; it soothes and relaxes. It brings about relaxation to the nerves. Not so with jazz or broken rhythm; this breaks the rhythm and tends to shatter. All life in its pure state has rhythm from the smallest manifestation to the greatest universe. The vibratory action of music goes through the body, and when it is felt deeply it goes on and on, for forty-eight hours or so; the same is true of discord.

Good music can be used by the Masters because it is harmoniously charged energy. They can do much through that. They amplify it and project it into conditions which need harmonizing.

Music for healing is very beneficial. There are healing melodies already perfected at inner levels, scores written and ready to be released to mankind. There are melodies that can heal cancer and other various diseases within the hour.

When listening to good, constructive music, accept and feel it, expand it, and send it forth to bless. Music can be made a living flame, from your energy. When one hears good music he can call to the Presence to charge it with Ascended Masters' power of light, and ask the Presence to send it to some specific objective.

Constructive music you experience is a radiation. It energizes, and is the reason bands are always used in military services.

When the emotional body is stilled sufficiently the music of the spheres can be heard. Nature in its harmonious action sings to you. When you sing you may see color; and colors will sing to you.

The predominating color in music is blue, which denotes devotion (of music) and energy released.

Creation at inner levels is constantly going on through music. That is how planets are created, major music being used for building purposes. In the etherealizing process minor music is used. Each planet has a certain tone or tune and together they create music of the spheres.

ASCENDED MASTERS

AN ASCENDED MASTER is the full expression of life.

Every planet has a group of Ascended Masters governing it.

Cosmic Beings in Their activity cover a greater scope than the Ascended Masters do. Cosmic Beings are Those Who govern cosmic (forces) powers. Ascended Masters are Those giving most of Their time to the Earth.

Ascended Masters are Those Who have made the Ascension from our humanity (or that of some planet) and turn and help individuals or groups of individuals to make the ascension also. Cosmic Beings work with the whole humanity of a planet.

The Ascended Masters and Cosmic Beings are Beings of complete mastery and control of every electron in Their Beings and worlds.

The Ascended Masters are a more advanced activity of life. Ascended Masters are just like an extension of yourself. In calling to Ascended Masters you are only calling to an advanced part of yourself—(life).

Try to comprehend the services that are being rendered that could not be done except by the assistance of the Ascended Masters.

One Master said: "We don't care to frighten mankind but We are going into action."

The Ascended Masters' Consciousness is the cosmic *law*.

Their Consciousness is self-luminous, intelligent sub-

stance. Ascended Master Consciousness is a state of consciousness which knows only achievement and the means of attaining it.

At this cosmic cycle very great assistance is given to one stepping upon the "Path". The Law is permitting the Masters to give of Their Consciousness and Substance which is already qualified with a definite quality. Formerly these qualities had to be drawn forth from the Individualized Presence of God through one's own efforts. That was the training given in the Retreats. For instance the student had to make enough application to his Presence to release the action of the Transmuting Violet Flame and transmute his own karma. While now right here in the outer world and daily living we have the privilege of calling to the Presence and then to the Ascended Master or Masters Whose special quality and activity of the Sacred Fire it is that we require or wish to draw forth. For instance we can call to the Master Saint Germain for His action of the Transmuting Violet Flame — His momentum and power of It which He has gained through the centuries. He will charge It into the student's being and world, in, through and around his four lower bodies. This is now freely given for the benefit and attainment of the student or chela, which is a tremendous assistance to any one who will call It forth. The same is true with other Masters and Their specific qualities and activities. Therefore it is advantageous to know the various Masters' special qualities, activities and services to mankind at this time, as well as how to make the calls.

Certain Ascended Masters offered Their Ascended Master Consciousness to the students; that is an action never done before in the outer world. That means at the students' calls the Masters project some of Their Ascended Master Consciousness into the students' being and world. This is done through the radiance or golden light around the stream of light (Silver Cord) from the Presence. There is formed an activity similar to a funnel from the Master to the student around this Ray of Light. In class it was seen how energy, the radiation in the room was like a funnel drawn into a golden radiance around the Ray of Light from the Presence which had been intensified.

The Ascended Master's Consciousness is His full gathered momentum of attainment and accomplishment, which may have taken Him centuries of time to attain. According to the acceptance will the students have the fullness of It. The substance the Ascended Masters are supplying you with is a permanent action. Do you know what that means to you? Mankind long for assistance from each other; the Ascended Masters offer Their assistance. They give assistance to mankind through radiation. What the Ascended Masters give — Their Consciousness, love or any quality, They never take back. It remains always yours. If, however, one is unable to hold sufficient harmony and abide in a state of consciousness so that he can utilize it now, it goes into his Causal Body.

The Masters in radiation bring that rate of vibration from the great Silence—that substance They have qualified to never vibrate at a lower rate. It is charged with

Their Ascended Master Consciousness. Your emotional body absorbs that. What an Ascended Master charges into your world is *His* life; not a universal life. It is His power, His life qualified with some particular quality.

You cannot requalify the energy released to you by the Ascended Masters, but only that which you call forth from your Presence.

The Ascended Masters have offered Their Consciousness. So when you feel not quite able to release what is required or to cope with a situation, call for Their Ascended Master Consciousness.

When you call to the Presence any one of the Ascended Masters becomes the authority in your world. To an Ascended Master your life is the authority.

Be natural. Strip the feelings of that something else outside of you as being authority to you. Your Presence is the authority of you and your world. Ascended Masters are the authority of groups; Cosmic Beings are authority of the mass accumulation throughout the centuries.

The great need of today is to feel the reality of the Ascended Masters! Dismiss from the feeling world any consciousness that the Ascended Masters are not *real*. Ask the Presence to clear away everything (thought and feeling) that stands between you and the Ascended Masters. The only difference between Ascended Ones and us is *thought and feeling*. By giving daily recognition and love to the different Ascended Ones you gain a momentum by which you can have a response from Them instantly. Also learn to determine each Master by His distinct radiation.

Watch the feelings of the atomic structure as you give attention to the different Masters. For instance: the Cosmic Beings Victory, Harmony, and so forth represent those qualities to the Earth—the people of Earth. They are the governing power of that quality for this Earth.

An Ascended Master can be present — be tangible yet unseen; but that does not make Him any the less *real*.

Ascended Masters are Beings Who have lived in embodiments in this physical world or on some other planet and ascended as Jesus did. They abide in the Realms of light as He does now. They can and do sometimes partake of food in association with Their students on Earth, but just to give the feeling of equality to the student and not because of need or desire for food. When They take food it is instantly transmuted into light as it touches Their throats, otherwise it would fall to the floor. They have no digestive organs, but do have a heart and blood stream which is light, golden in color. The heart, that focal point, is in the center of the body and not to the left side as in human beings. That light (Ray), from the Presence has taken the place of the blood stream in the Ascended Beings' bodies.

When one becomes an Ascended Being He has become the power of the I AM presence in action.

Above all Ascended Masters stands the Individualized Focus of God. Above that stands the God-Flame. When the Ascended Masters work on Earth or in its atmosphere They are in what we term of an unascended being, the Christ Self (Higher Mental Body), which contains the

purified physical body. When They are busy at cosmic levels They can project or build up a body—Their luminous Presence. They are not limited in this but can have as many as are required, in various places at one time. Usually when They appear to some one of mankind it is in this type of body. It is different from Their tangible Ascended Master Body, which is of a higher rate of vibration and requires a step up in vibratory action of a person's physical body to withstand it. Whereas the vibratory action of the luminous Presence an ordinary physical body can withstand.

The Ascended Masters do not know everything — that is retain everything in Their Consciousness; but they can instantly tune in and obtain whatever information is required. Their power of qualification is always in divine order. In the ascended state the Beings do not hold in Their Consciousness cosmic intelligence, but can call it forth instantly. Unascended Masters can do so also.

On the inner the attitudes and response are quite different from the outer world and mankind's association with each other. At inner realms when a Being has an idea or plan to put into action and requires some other Being's cooperation or assistance it is offered to Him without even having to ask.

There are air currents, and in the ethers there are tunnels through the atmosphere through which the Ascended Masters work; They pass through and use these in Their activities.

An Ascended Master can pass through a wall or solid

object very readily because His body is composed of pure electrons and is vibrating at a much higher rate than physical substance. Physical substance is composed of a nucleus around which vibrate or rotate particles of a much denser nature: they are arranged similar to the planets around the sun, in relation to size, leaving great space between, through which the Ascended Master's Body passes unobstructed.

The Masters are not nearly as far away as mankind think. Jesus has appeared thousands of times to individuals since His physical departure on the hill of Bethany into the Ascension.

What enabled Moses to lead the people through the sea? He had contact with an Ascended Being Who released power which controlled the sea; pushing back the waters so the people could pass through.

On the opening day of the World Exposition in New York on April 30, 1939, the Ascended Master Saint Germain stood on the Exposition grounds in His (visible) tangible form with His mantle wrapped about Him; and that radiance which was there thousands of people felt.

Many students have subjected themselves to the Masters' radiation, whereas, the others of mankind did not, but went their own way doing their own will, satisfying their human desires — the desires of the outer self.

It is sometimes asked why the Ascended Masters appear to people of the outer world, in governmental and certain other positions and not to the students, who accept Their reality and love Them. When They appear in pub-

lic or to individuals not on the conscious "Path" or having knowledge and understanding of the law, They are seen with the physical sight but it is not known that They are Ascended Masters. They come dressed in ordinary business clothes as a well dressed person. That is a wholly different thing than the appearance to a conscious student knowing the law. There is always tremendous radiation and increased vibratory action when One appears. When an Ascended Master appears to those not knowing the law, He is permitted by the great law to withhold or hold within Himself the greater part of His radiation, and only radiate out sufficiently to produce the results required and not more than those contacted can withstand. While with one having the understanding, the law does not permit Him to withhold His radiation. And unless a person has purified himself and gained sufficient self-control it would not be mercy or kindness; because when a Master appears His tremendous energy intensifies everything it contacts. If there are still undesirable qualities in the individual those too would be intensified. Therefore it will give him much to handle in the immediate future; perhaps more than he could manage.

The Ascended Masters do appear in visible, tangible bodies to mankind at times. They have appeared many times in the last twenty years (as well as through the centuries). They have appeared to various individuals holding responsible governmental positions in various countries, and also in courts; They have walked the streets of large cities to release a radiation that prevented certain

disasters. On that occasion in 1933 when the banks were closed for three days the Master Saint Germain gave that assistance. He walked through the banks in certain cities (New York, Washington, D. C., Philadelphia, Chicago), thereby transmuting the discord and obstruction; and the banks opened again. A very great blessing to the people.

Some students in the outer world who were in intensive training under the Ascended Masters were taken to an ancient Retreat in India, the Cave of Light. There the Cosmic Being known as the Divine Director demonstrated to them how He could control every electron of His body. He caused one hair on His head to arise, stand up and extend forward in front of Him, and curl its end back. In Washington, D. C., Saint Germain appeared at a communistic meeting with a few of His students yet in physical bodies. They entered a certain building and He approached the locked door, caused it to open and stood there in their council room with His students who had followed Him. The communists attempted to pull their guns but their arms fell at their sides limp and trembling. Saint Germain spoke to them—issued a fiat (that perhaps they will never forget). That so charged the room, the very atoms of it, that never again can discord manifest in that place; so it was said.

At a certain point on the Path there comes the realization of the tremendous love and assistance the Master gives to the student. And the student feels that there is nothing he can give the Master, yet there is—this action of the law—that the recognition, and pouring out of love to the Master increases His (Master's) radiance and bril-

liance. Also calling to the Masters gives Them an opportunity to act or render service which would not be afforded Them otherwise, and that service expands Their Own light. For instance some years ago when the discarnates and a certain per cent of the psychic substance were being removed from America by the recognition, acceptance of and love poured to the Goddess of Light (an Ascended Being), we were told this increased the natural radiance around Her Ascended Body to a marked degree.

After this cycle you will not find such assistance as given at this time. The assistance being given by the Ascended Masters is as if you were in a well and They put down the rope.

Man could not have lived beyond the age of twelve years had it not been for the assistance of Ascended Beings—that was before this activity came forth through which so much purification of the Earth has taken place.

A person cannot get free from psychic entanglements without assistance—radiation from Ascended Masters, because he will not let enough energy flow from the Presence.

What does a Master do to wrong vibrations or actions sent to him? He is all blazing light and when they come to that light they rebound and go back to their source unless the Master consciously transmutes them. This He sometimes does for His students, to assist them until they can be taught the action of the law. Likewise the discord from mankind on Earth is held within Earth's atmosphere by the pressure of light from interstellar space.

When reading the Masters' discourses and one finds a

seeming discrepancy, it is the two forms of activity of some subject (the inner and outer activity which are sometimes of reverse action). Unless one is open minded and reads with kindness in the feeling he can't see that.

Words are but cups — receptacles for what the consciousness wants to convey. From an inner standpoint they are very inadequate and even crude. They are understood and interpreted according to one's own consciousness and understanding and much of the time not at all as to what they were meant to convey. So many words are often used to get over an idea, whereas, a picture will convey what thousands of words would not. Words are the lowest medium of communication. Music, the universal language, is a higher form. At inner levels the Masters seldom if ever use words. They communicate by flashing Their light one to another. They use thought and feeling and light rays; it is on the order of telepathy which is the closest we have to it.

When reading the Ascended Masters' words you can ask the Presence to illumine the meaning to you and bring it into outer activity.

We should become and be the connection for the light and flames of the Ascended Masters to flow through like a pipe through which water flows. You have heard the saying, "God needs a body" — meaning a physical body through which to operate or work in the outer world. That is the law by which the Presence and the Ascended Masters manifest in this physical world, although an As-

cended Master can and does sometimes lower the vibratory rate of His body to a point where it is visible to the physical sight. We can call to Them to charge us with Their Cosmic Flame.

The Masters give this instruction through the ones They have prepared to be channels or contacts. Some was given by the use of the light and sound ray and some by the visible tangible Presence of the Master; some by flashing the words in letters of living light before the Messenger and he reading them aloud to the audience; and later some through impressions in the feelings combined with clairvoyance and clairaudience. All is done in a perfectly natural manner in full consciousness with full conscious control and operation of all the faculties. No hypnotic or trance state. By light and sound ray, is meant that, the Master projects a ray of light from His Realm to a person or persons and speaks through that. He can also be seen through it. To those in the physical it appears as if He were only a short distance away, as if in the next room or next story or so above.

The time has come when no longer will mankind go to Retreats in their physical bodies for instruction and initiations as was done in the past, but will receive it right here in the outer world in every day living.

A number of the Retreats have been opened so that we can go there in our finer bodies while we sleep. When we accept going to these places (Retreats) we will retain the memory more and more.

THE COMING OF CHRIST

There is much controversy over the coming of Christ, or the "second coming of Christ", but it is seldom understood correctly, especially by orthodoxy. There are so many wrong concepts about it, as is also the case about the "end of the world" coming and the "dead" being resurrected. Those dead physical bodies will never be resurrected. In most cases they were buried and are disintegrated or in the process, so without question they will not be resurrected; but the "soul," that is, the individual, is functioning in another realm. The "end of the world" really means the end of all discord, or the time when that will be removed from the world.

The coming of Christ refers to two actions. In the first place it should be understood that Jesus was the physical man and when He was Christed He became "Jesus the Christ." Then He was fully conscious of His oneness with His I AM Presence. Christ is a state of consciousness.

When one becomes the Christ or is Christed, that simply means that the outer self has relinquished its activities into the control and actions of his own Christ Self (Higher Mental Body); and the *will* of the Christ is in command through the outer or physical form. That is one way of the "coming of Christ" and is the most important.

The two "births" are the physical and the spiritual. While in this physical body "to be born again", as spoken of, means a spiritual birth. The spiritual birth means the communion and unity of the outer consciousness with God, the I AM Presence, and becoming the Christ in

outer form as Jesus was; becoming the Son—a Sun—in our terminology, the Christ Self taking full command of the outer self. That is really the "second coming of Christ." That is the supreme attainment in operation in physical form; and naturally from there one enters the Ascension which is the Goal of all embodiments.

The other way of the coming of Christ is the re-appearance of Jesus the Christ. He will come and has already appeared to *many* people, either in His luminous Presence or Ascended Master Body, usually in the luminous Presence. Others of the Ascended Ones have done likewise but They are not so much accepted by mankind. It is the *acceptance* that enables Them to come.

Any Ascended Master is the Christ; but Jesus took embodiment for the purpose of manifesting the Christ through the physical form to mankind. Their state of consciousness required that at that time; they thought in terms of form—the physical aspect. Jesus the Christ represented to mankind the Christ activity. In other words He represented to each individual the activity of his own Christ Self or Higher Mental Body.

Man in inherent nature is twelve-fold; Angel and Elemental, one-fold.

ANGELS

Angels are Beings created by Archangels, Ascended and Cosmic Beings to assist in Their Cosmic activities and service to mankind and the Earth. They know only perfection and service of love. They guard and direct energy

set into action by the Masters. Angels are real and can be tangible, although Their bodies are not physical but composed of light. In the golden ages Angels were seen and associated with mankind, as did the Elementals. That is natural and the right condition for man's habitation on Earth (on planets), and must come again. As there are Elementals there are also some Angels who come into embodiment through the natural means of birth.

COMMUNION

During a communion an Ascended Being is always present giving His radiation. Jesus left the "Communion Cup" as a means to hold His and other Ascended Masters' connection with mankind. This was during the cycle of the Sixth Ray, the past two thousand years.

Now for the next cycle of two thousand years the Ascended Master Saint Germain, Chohan of the Seventh Ray, in like manner has left (or is leaving) the Dictations and Addresses given by Him and the other Ascended Ones during these past twenty years or more.

To most individuals "communion" is a means of connection through some physical thing. At that point or time the Master releases whatever his (human being) consciousness can take. While the occultist gets his direct through meditation — contemplation.

ASCENSION

YOUR journey from out the Sun to the Ascension must be made in a certain space of cosmic time. When you waste time in one embodiment your experiences in another must make up for it.

Much assistance is being given to mankind at this time; never heard of before on earth. That is because we are at the close of a great cycle: not only at the close of the Sixth Ray and entering into the Seventh which becomes the action for the next two thousand years, but also a cycle of cosmic import which the planet earth has never reached before. That is the cycle in which our universe is to move forward. This is, our system—the sun and its planets around it, as well as the other systems around a greater Sun, are to move ahead in the scheme of things. The Earth with its destructive activities has for long retarded this progress; but the ultimatum has been issued and all must move forward or be removed.

Therefore,the great law is permitting dispensations during this great cosmic push, not heard of before. There has been given a New Dispensation for the attainment of the Ascension. The Ascension is the purpose or goal of all embodiments. The goal is to not only free oneself from human creation one has drawn about him and perfect himself, but to make the *Ascension*. This dispensation is giving the opportunity of making the Ascension at the

close of this embodiment to hundreds of thousands of people (and perhaps millions). If the Ascension is not accomplished at the close of this embodiment an earnest student making conscious effort towards that end would attain it in the next embodiment. That means that the individual never again has to come back into a physical body; but can finish his course on Earth, this school room, and be forever free, ascended as Jesus Himself. In the Ascension one takes all his achievements with him.

The principle of the cosmic law in making the Ascension now is the same as formerly, the way Jesus and others attained theirs; of course it is not necessary to go through a similar crucifixion as Jesus did. The reason for His was to show the victory of light over the human form. At the time of passing those who would not be able to make the Ascension as of formerly, now can under the New Dispensation. The Ascension is completed at or after so-called death. Every particle of life essence is withdrawn while the physical body remains here. Only the chemical part is left — the shell. There will have been drawn into the etheric body the purified essence of the physical body, while the remains of the physical body are or should be cremated.

Through this understanding of the law as is being taught now is how Jesus performed miracles and attained the Ascension. He made a public Ascension which was witnessed by about five hundred people, thus leaving the *example* to all mankind. This made and left an etheric

record which no other individual has done. That etheric record stands pulsating in the atmosphere to this day; it acts as a magnet to the consciousness of mankind. Jesus through His ministry set into action the (latent or dormant) etheric records of perfection in mankind and the very Earth itself. This began a forward push in mankind's evolution or expansion. Jesus came when mankind's evolution was at a very low ebb. His life and manifestations on Earth reversed the currents, drew forth and set into action the etheric records of former ages of perfection — the inherent good, both individually and for the Earth.

The Ascension is practical and scientific. It is the same principle in operation as a fan or airplane propeller. When it spins fast enough you see through it and it seems not to be there; but get in the way of its action, or field of motion and you will know soon enough it is real.

After passing, the body should be kept quiet and undisturbed for seventy-two hours (three days) (as it should be in any case), then cremated. This returns the elements back to the universal in a quick and clean way instead of having to undergo disintegration or decay, the same as articles or trash of no further use are placed in the fire and transmuted, leaving everything clean instead of in a heap of decay. In the Golden Ages and on Venus and other planets there is no decay or blight. When a thing is no longer of use it is etherealized, transmuted — returned back to the universal, to be used again.

Some feel a horror at cremation, because they imagine

a burning sensation from fire; but remember your loved one is gone, is happy and more alive than before, and only the shell is left.

Hundreds of students have made the Ascension within the last twenty years, whereas, formerly, the average number of Ascensions was about one per year by those who had had training in a Retreat.

Also through a dispensation there has been special assistance given to those in military and naval service which has enabled thousands to complete the Ascension. Of course every individual has to know his or her I AM Presence in order to make the Ascension. Then how is this done by those who do not know their Presence? The action is—when they are catapulted out of the body (or otherwise pass on), they are assisted and taken by Beings on the other side—at inner levels, in their etheric bodies and given the understanding of their own I AM Presence. Then through the use of wielding light rays they can transmute their karma and make sufficient balance to life to enable them to ascend. Everyone when making the Ascension has the assistance of the Ascension Flame and some Brother or Sister from the Ascension Temple.

The New Dispensation could not have come forth if enough of humanity (the students) had not used the Transmuting Violet Flame to the point where the Ascension was possible.

Physical constructive release is the only way you can release energy enough to draw you into the Ascension.

As you come nearer to the goal, everything in your

life speeds up. Your good accumulated around the Presence becomes an electrical magnet that draws you into the Ascension.

Today you have the opportunity to make the Ascension into your everlasting body of light; to draw enough purified substance from the physical body to enable you to make the Ascension. You cannot take anything from the earth in the Ascension except purified substance of the physical body.

At the moment of the Ascension all destructive records which have not been erased with the Violet Flame are consumed or transmuted.

One can only make the Ascension by expansion of the Three-fold Flame in the heart. When one ascends that Flame moves to the center of the body. The Three-fold Flame expands the light in every electron of the body which becomes the forcefield around the Three-fold Flame. At the Ascension the electrons expand, transmuting or raising all lower vibratory rates, the electrons filling the forcefield of the Three-fold Flame.

When one becomes an Ascended Being He carries the human qualities in their perfected state and the purified physical substance.

Individuals in the outer world now have the opportunity to make the Ascension through application and the great assistance afforded by the cosmic law at this time. There is now an opportunity never had before.

Each one that makes the Ascension raises every one else on Earth, to some extent. For illustration, as you

would take hold of the center of a table cloth and lift it—all the rest of it is lifted to some degree. When one ascends, all human creation, all not of perfection in that lifestream, is transmuted. So that much is removed from the atmosphere of Earth.

Your Ascension is assured if you call the Presence into action daily and live accordingly. Your application is the only thing that will enable you to make the Ascension. You can be given wonderful assistance however.

We can make a daily call for our Ascension which will stand in good stead when the time comes. We can say something like this:

"My Magic I AM Presence, You direct my activity, world and affairs and take full command of me, guide, protect, illumine me every step of the way and see that I render the greatest service possible. See in Your wisdom that I make the Ascension at the close of this embodiment. I AM the Ascension manifesting. I thank You, beloved I AM."

The Ascension is complete balance of the masculine and feminine. After a man or woman is ascended that One can work and appear as either masculine or feminine, having had both masculine and feminine embodiments. The Ascension is attained in a masculine body by the one who started out in a feminine body, and vice versa.

TWIN RAYS

The action of Twin Rays is one of the fundamental laws of creation in the universe. That phase of creation

is an important action of the great Cosmic Law. It is a fundamental principle in Individualization—and in Cosmic action.

An Individualized Flame is sent forth from the Sun. This God-Flame stands above the Presence and is the first projection from the Godhead when Individualization takes place. Then from It are projected forth two Rays, or a divided Ray which is the focus of the two I AM Presences, externalizing the masculine and feminine aspects. Around each of these Flames (at the end of the Rays) is coalesced light substance of that realm forming the Electronic Bodies of the Twin Rays; "twin souls" as it is sometimes termed really means These. The phrase "made in the image and likeness of God" applies to the Electronic Body. In the beginning one individual comes forth into embodiment with masculine aspect predominant and the other with the feminine aspect or qualities predominant.

Each may go through many embodiments (incarnations) of both masculine and feminine. Sometimes both may be embodied at the same time. They may be in masculine and feminine bodies, or both may be in masculine, or both in feminine bodies. They may know each other or they may not. However, many Twin Rays do not embody at the same time. While one is in embodiment the other works at inner levels, thus forming a magnetic pole; and at times reversing the order by the other one taking physical embodiment. Thus through the various embodiments they gain what experience is required to

attain the goal—the Ascension. When they are to make the Ascension each embodies in the opposite gender from the one in which they started out in their first embodiment.

Every individual (lifestream) has a life pattern (a flower, flame, cross, etc.) that is stamped on every electron of energy he uses or that flows through him. It is a pattern given the God-Flame when Individualized and therefore Twin Rays carry the same pattern. Also each lifestream has a *tone,* tune or keynote. Twin Rays (Flames) may be on different rays because of free will.

At this time (the close of the cycle) there has been a uniting of many Twin Rays. Many have been drawn together in the physical realm. This is done under the direction of the Presence and Ascended Masters in divine order for a definite purpose, and not to satisfy human desires of anyone. So no person should go searching for his Twin Ray. Leave it to the wisdom of the Presence. Just because two human beings are Twin Rays is no assurance they will be forever happy if brought together; because each has his or her own accumulation of discord (karma) which will act regardless of the one he may choose as a mate. However, when Twin Rays work in harmony with each other there can be achievements accomplished between them because of the sensitiveness and inner attunement which would not take place otherwise with some other individual.

There is also an action at this time of the union of Twin Rays among students having this understanding,

with their Twin Rays already Ascended. This forms an action like the opposite ends of a pole, the One in the Ascended State with the one in the physical realm. That gives to the Ascended One a focal point in the physical realm to work through, while the unascended one has the privilege of drawing on and using the full momentum of Ascended Master Powers and Consciousness of the Ascended One. Of course that only takes place after the unascended one has reached a certain point on the Path, since the responsibility of Its use lies with the Ascended One.

In the Realms of light there is no giving in marriage; just a uniting again since having strayed apart. There is only the activity of the two Rays.

It is necessary for both to be Ascended to work at Cosmic levels beyond a certain point.

After the Ascension of the Twin Rays, They can enter into the Silence—the God-Flame from which they were projected (externalized); or one can enter and the other stay out, or both can stay out, depending on the great divine plan and Their free-will and choice.

When both have made the Ascension each is a complete balance within himself. Thus the ONE Flame that came forth is now *three* complete Flames which make a Cosmic Action of the Power of the "Three Times Three".

ENERGY

ENERGY, substance and vibration are one.

Ritual is directed energy—ordered service. Unless energy is directed it disperses itself.

It is that same energy which beats your heart and governs the universe.

You chose of your own free will to individualize. You have already planned your perfection, and agreed to direct constructively a certain quota of energy.

The only destiny ordained for each one is perfection.

There is a feeling among many people that when things do not come up to what they should, or do not manifest, that it is the will of God and submit and put up with the conditions or hardships. Anything less than perfection is not the will of God. Energy and vibration do not discriminate but obey direction, taking on the quality of an individual.

Divine love is always gently positive. Some conditions need dynamic action. Call the Presence into action. The difference between gentle and dynamic is the amount of energy released.

Words become a reality by the release of energy of life.

It is said that in the problem is the solution. How is that? In the problem is energy, which one but needs to change—requalify—to turn that energy into the solution.

You are here to learn to control energy. To manage and control energy and substance is mastery.

The nature of energy is action. Destructive force is just qualified energy expressing that quality.

Pain is qualified energy. It takes energy to produce pain and to feel it. One can command it to change. Call to the Presence to requalify that energy with ease, peace and perfection.

The energy supplied to the atoms of the body comes mainly from the Presence and not from food.

The energy in the gas belts below the surface of the Earth is caused by mankind's discord. Burying human bodies in the ground feeds energy into the gas belts.

The discord of mankind draws the energy in the gas belts to the surface which manifests in cataclysmic activity. This brought about the sinking of Lemuria and also Atlantis.

The release of atomic bombs is affecting the gas belts, causing earthquakes, and affecting the atmosphere, causing storms and destructive activities in nature.

In 1910 when the cap was blown off a mountain in Alaska that caused the Valley of a Thousand Smokes, that was energy released from the gas belts. The Great Lakes came into existence during cataclysmic action, also the Grand Canyon. In Yellowstone National Park the geysers, hot springs and bubbling of mud is a release of energy from the gas belts. If it were not for this constant release there would be a great eruption that would tear the Earth asunder, at least through that area.

That energy in the gas belts is composed of millions and millions of individual particles of life which want freedom from the hate and viciousness imposed on them. As that life rushes forth it causes eruptions and cataclysmic activity unless that discord is transmuted, consciously, by some beings knowing and applying the Law.

Through enough calls to the I AM Presence, the Ascended Masters and Cosmic Beings, from enough of mankind, They can direct the energy in the gas belts where it will do the least damage and thus give protection to mankind.

We can make the call each day to charge into all the energy in the gas belts the full power of the Transmuting Violet Flame, and to charge it with the cosmic love of the Ascended Host. Visualize it turned into rivers of liquid golden light.

The map of gas belts can be found in "Cosmic Forces" Vol. 2 by Col. James Churchward. This shows there are gas belts one above the other. One thing the Masters have been particularly interested in, has been to prevent the eruption of these gas belts. Especially of two, one beneath another, as that would rend the Earth so terrifically.

DISCORD

You limit yourself by lack of understanding or inability to accept.

You are your own condemnation in the limitation you have drawn about you.

Discord is a rate of vibration so slow that it is a shadow to life.

The beginning of discord was rebellion. It was a gradual process and over a very great length of time it gained the momentum and density of present conditions.

What causes confusion?—just a little doubt. Doubt makes your vision of perfection perish.

Whatever disturbs one has its heel on his neck.

Discord is only human belief in appearance — that is fear.

All jealousy, criticism, condemnation and judgment are a form of fear. When you love the Presence—God, how can you doubt or fear?

Fear starts the formation of pus in the body.

How do destructive forces gain victory? Through fear. That is the only weapon they have.

Through discordant feelings the (point of) light is clothed or shut in.

All that is terrifying, all discord, is but light clothed. Within the discord is light, and it can explode instantly.

When you go into a dark room you do not see what is there and may stumble over something, but when you turn on the light all is clear. The darkness just is no more. You do not have to shovel it out or some way remove it. Instead the condition is transformed and so it is with the understanding of life when there is enough light. In light is understanding — all-knowing. When there is enough light in the consciousness human concepts are trans-

formed—transmuted into the All-knowing mind of God.

In this understanding and use of the I AM Presence, Tube or Pillar of Protection and Transmuting Flame, one need not work through the astral plane in its seven designated planes as outlined in occult teachings. One simply goes in consciousness through this Tube of light into the higher Realms. And by daily use of the Transmuting Violet Flame he transmutes these other forces. This is another phase of occult law that has been set aside.

Crossing the arms over the solar plexus will help shut out discord; also by putting the knees and feet together or crossing them. Then one is not so receptive or open to it.

Before you contact very destructive or vicious conditions make the call for and visualize a cross of blue flame drop between you and the person or condition. That blocks—stops the vicious energy directed at you; instead of inhaling, breathe out.

Never look back—that means you will not discuss anything that occurred yesterday.

The day you don't want your own way the whole universe is yours.

Forgive means—to give something for—replace it, give something in place of.

The outer cannot judge correctly from appearances.

As soon as we cease to see mistakes in others we will cease to make them ourselves.

The human ungoverned will never admit perfection.

No longer give power to persons, conditions or things to limit you.

By waste of energy one becomes a non-entity.

Struggle is the human way of doing. When the Presence acts all moves in harmonious action, with the proper results.

When you are firm enough in the acknowledgment of your Presence you can move in the world untouched by what is around you.

When we do not let the energy from the Presence flow through, that causes discord. When one lets enough of the Presence flow through he can then walk on fire and on water and move through the air.

When parents wish to correct a child they should be sure there is no feeling of discord in their feelings. Often the irritation is in the parent and not in the child.

How firm you must be against human suggestion!

Two wrongs don't make it right. That is so because the quality is of a destructive (nature) vibratory action. To right a thing we have to replace it with constructive vibrations. The student's action in case of injustice, hate, jealousy, and so forth, should be to pour out love and blessings. When one feels he cannot do this then he can pour his love to the Presence and ask It or some Ascended Master to pour love to that one.

There is this action, according to law, for illustration—take the pendulum, the farther it swings one way the farther it will swing the other way. Likewise now in

handling discord when an individual surmounts it by his self-conscious effort — the more severe or greater the amount, the greater will be his attainment, the greater the progress at inner levels.

COLORS

Each color has its certain rate of vibration as does every manifest thing. The rates of vibration of some colors are constructive and some not. Black for instance is not, it is an absence of light and instead of giving light it takes on or absorbs light. When a black umbrella is used for shade from the sun it *draws* the rays or light and therefore the heat of the sun. Most red used in the outer world today is not constructive. We should use the clear, vibrant colors, gold, yellow, pink, blue, green, white — that give one an uplift; and not the muddy or dirty tints.

When you wear color in harmony with life, then you enfold yourself in the radiance of that quality. Science says that color affects one's moods and feelings.

For divine love use gold with pink radiance—it comes from the heart of the Presence; for power, white light with blue radiance—from the throat of the Presence.

Blue is power of devotion.

Around intense white light there is almost always a radiance of gold, which represents the intelligence.

Red represents the impurities of Earth. Our natural color is gold.

Black and red were not on Earth originally.

SCIENTIFIC MISCELLANY

THE Central Sun is a central focus of the Godhead.

The heart center of the electron is a sapphire blue, almost where blue and violet meet. That is why the sky is blue. In reality night is not black but dark blue.

The vibration of your lifestream has a specific pattern; also a certain tone, or music theme.

By a ray of light is meant the electronic force or energy from the sun, projected forth. Who can take the sun out of existence? A ray of light the size of the little finger would cut off a wire—or gas connection. When watching huge searchlights moving through the atmosphere one realizes that a ray is actual light substance.

We should become conductors or conduits, by our own free will being willing to do God's Will instead of our human or personal will. We can be like the key that opens a vault, or like a switch that makes a connection as at Boulder Dam, and gives light to a whole city or great area. Become impersonal, like an orchestra where each member plays his bit and all together make one *whole* performance. That is impersonal service.

In the nineteen-thirties it was reported in a magazine that during an eclipse, the prominences, the radiation was leaving the sun in the form of plumes as of the Threefold Flame.

What caused the Liberty Bell to crack—the same force that tried to destroy America, that of a black magician. He was removed from Earth in November 1938.

The figure 8 is the balance of the human and the divine. That is the only figure that brings the current down and returns it. The human brings current down and sends it back. There is this balance used in the outer world—8 hours service, 8 hours recreation, 8 hours rest.

The vibratory action of Earth is wholly different from what it used to be.

The currents of the ocean will change and the atmosphere throughout the United States will become semi-tropical.

Air currents — there are natural currents around the Earth which when airplanes enter them more than triple the plane's speed. In India people communicate through air currents. In the Gobi desert are natural (air) currents where people, regardless of their light, can speak and hear each other. During a class one evening in Detroit, Michigan, a group of people heard the sound from the Cave of Light in the Retreat in India. Everyone there heard it. That was a current of energy consciously projected from the Cave of Light.

May 8, 1938, three airplanes which had been stolen by enemies were dissolved by the Masters through the use of light rays.

In September 1937 two or three Ascended Masters annihilated the insects which an airplane was carrying to

America for destructive purposes. Then They appeared to the pilots.

In one instance two or three Ascended Masters appeared to the crew of an airplane just before it was scheduled to take off on a nefarious mission. They were as tangible to the men as any human being, and when the men of the air force attempted to grab Them, They dissolved or evaporated in their grasp.

The Ascended Masters told us in 1939 that They had secret airplanes without wings that could anchor in mid-air, in action then. Sounds like Space ships.

September 26, 1939, three secret submarines enroute to destroy the Panama Canal were dissolved by the Ascended Masters. However, They did preserve the records and plans contained in one submarine by hermetically sealing them. These were left on the ocean's bottom to be brought forth at a later date as proof to mankind.

In 1933 when the World's Fair at Chicago was lit by a ray from the Star Arcturus what was the action? That was a light ray directed consciously by a great Being Who is an authority for the action of the Seventh Ray to the Earth. He started the expansion of His Flame over the Earth at that time.

Power boxes were used in former ages for heating, lighting and propelling purposes. The power was drawn from the atmosphere and generated in these boxes which were two or three feet long and about two feet square. Similar instruments are to come forth in the new age.

One wave of Cosmic Light which was released was so powerful that it interfered with radios and telephone services. Some of them were out of commission for eight hours.

In one of the Eastern cities during one class meeting there appeared on the platform a ray of light like a pillar. It was visible to the physical sight, and seen by the audience.

In the Black Forest, blue lightning suddenly struck and put to an end the nefarious activities there. Imprints of figures still exist on the cliff walls. The sudden freezing of a vast area in Siberia which is evident that it occurred at once and which the scientific world cannot explain, also was an action of cosmic law silencing the dark forces there.

One in a completely pure body had the experience in which the Three-fold Flame about three inches in height stood on his hand and over it was held a steel rod as large as a man's thumb; the steel rod was instantly cut in two; yet It (the Flame) stood on his hand! That could only be done in the absence of all discord.

Another experience—a test as to his strength was when a snake suddenly stood up in front of him, to his own height. He commanded it to be consumed and so it was.

The appearance of Space ships, saucers or Scouts are becoming widely known and are being more and more accepted, as are contacts with people of other planets. which has been done throughout the ages to some degree, as well as the assistance of the Ascended Masters. These

are the teachers of mankind. They have always given protection and assistance.

For every counterfeit, pseudo or imperfect thing there is a perfect thing.

Certain low vibratory action of your voice would bring tremendous results.

The word "individualize" comes from the root word indivisible; not separate from *source*. "Personality" comes from the word "persona" which means mask.

There are 200 pounds of energy to every square inch of the mouth. So we use about 800 pounds of energy to chew our food.

Gold is a condensed sun ray from the Central Sun.

The natural tone of the Earth is "F" below middle C. The color tone of the Earth is gold.

The greatest is as easy to bring forth as the smallest. The Presence just simply answers your call.

Not so many ages ago men lived hundreds of years—900 to 1500 years. They maintained life not from knowledge of the Presence but by elixirs which they prepared.

Jesus multiplied fishes—but there was no fish quality in the precipitated food. He replenished the wine—but there was no intoxicating element in it.

Your source of supply is the I AM Presence. It is the power that manipulates conditions, circumstances and substance which produces your supply. It is the Magic I AM Presence called into action.

Everything comes through rays of light. A flower, tree, table, any physical thing is created and perfected on the

inner through thought and feeling by Beings in inner realms. Then the ideas are given to human beings. They come through that ray of light from the Presence.

Precipitation is first vapor; then liquid, then solid. The precipitation ray is gold with outer band or radiance of green. Gold and green are of that rate of vibration which becomes the condensation of that which is required.

Snowflakes are thought-forms of some intelligent Beings condensed to a point making them tangible to our physical senses. The patterns are beautiful and of great variety. A snow storm purifies the atmosphere as does rain; both are an action of precipitation.

Try to grasp and hold in the feelings that to manifest an idea there must be a light pattern of it. This is a powerful fundamental. An etheric record can be revivified because the light pattern exists. Any Ascended Master can revivify buildings, and so forth that can even be photographed.

When you stop to think for a moment you can realize that all outer manifestation has an unseen power behind it. For instance, the electricity, the radio and now you have the television, which only a few years ago could not be comprehended and accepted by the average person. You realize that all comes from the invisible into the physical appearance world. Behind all outer manifestations is an invisible power. People think lightly on that which they cannot see and yet that which they cannot see in the physical forms over 94 per cent of the pressures of both good and evil. Take the radio; you do not see the

power that produces the sound or sifts it out from many other sounds in the atmosphere and you hear some beautiful music, or some inspiring talk. The same with electricity; even though all wires and connections are in order if there is not "juice" from the power-house flowing through there is no current which produces manifestation.

Even your physical body was produced from the invisible into outer form. An oak tree comes out of a small seed, that is, the powers that produce it are latent in the seed.

The expression "there is no time or space" is often used by some when they first come into greater understanding or understanding of universal and cosmic activities. In a sense that may be right; yet in cosmic activity there is space and time, but not as we know it. As to space the Central Sun and the Suns of each system with their respective planets occupy or are in a certain location. They do not interpenetrate each other or occupy the same place, as a sense of spacelessness would indicate. As for time—to travel in consciousness, that is almost instantaneous. As for an Ascended Master traveling in His body which is all light, it would be a matter of just a few minutes to go to the opposite side of the Earth.

As to (space) ships traveling in interplanetary space, it takes a certain length of time, although only a small fraction of time in comparison with earthly ways of travel.

Science says that a universe (and galaxy) travel through space at a terrific rate of speed. These calculations are according to three dimensional observation; but they evi-

dently operate in higher dimensions, the fourth, fifth, sixth dimension or even higher. From that state of consciousness there is no sense of speed.

Also time is recognized in cycles of events and progress, and in creation of planets it is a progress and not instantaneous.

Because of an invisible "ring-pass-not" a certain distance out from the Earth no discord is permitted to enter outer space, to contaminate it or any other planet. This is really a sphere or pressure of light from without, or from the outer regions, that way maintaining harmony in the rest of the universe.

The discord on Earth has slowed down the vibratory action of the atmosphere, in which scientific measurements are made. It is because of this difference between the atmosphere of Earth and outer space which does not contain discord, that discrepancies of scientific calculations come in.

Around each Golden City in the ethers is a belt, a force that nothing of lower vibrations can penetrate. Around each planet is a similar belt — a sphere, called "ring-pass-not".

Every planet that exists is inhabited. That is its purpose.

Meteors are substance consciously focused, powerfully charged by the Ascended Masters and projected to certain parts of the Earth to bless nature; usually to dissipate destructive vortices. Sometimes a meteor, so-called is One of the Masters passing through the atmosphere of Earth.

The foliage in the center of the Earth is ivory and pink. The atmosphere is a soft white light, night and day, and of even temperature. People live therein. They were drawn into the interior when they were confronted by hostile hordes and refused to fight them. That is, the Earth opened up for them to enter. There is no discord there; all is harmonious.

It has been known for over 80,000 years that America was the last spot on this Earth where the "cup of light" could be sustained.

The instruction the Ascended Masters are giving forth is not only for your individual freedom but for the change of the axis of the Earth.

To acquire a dispensation for the Earth it must harmonize with every element of this system.

When nature is harmonized enough, even the deserts will put forth flowers several times in a season. And the fruits and growth will be much larger.

It was said that the lotus was the first flower brought forth on Earth, and was the divine pattern of the I AM Presence. Honey, wheat, corn, beans and redwood trees came from Venus, so the Masters said.

Outside of efficiency there is nothing in comparison with the harmony maintained in the feelings in the heart of a business.

Science, etc., has but touched the lowest ebb of civilizations; and the perfection naturally is not there. Originally, in the first Golden Ages there were no divisions of

races or nations. That state has to again manifest on Earth. Divided conditions came about after the laggards had come to Earth. All racial characteristics will eventually fade out and all will blend into the Aryan type, in features and color. Color is only in the physical body. The Christ Self of all is blazing white.

All important books and records were taken from the Alexandrian library by the Masters before the fire. These were put in places of safety. Some books are in the library of the Temple at Luxor, Egypt.

"Washington's Vision" was given him by a great Cosmic Being Who is giving great assistance to our freedom. That Vision was a real prophecy and foretold the future of America.

Mankind thinks it is the combined essence of life in the masculine and feminine that creates form; yet it is the stream of life that does it.

Why was day and night established?—it was not always so. To compel the human to become quiet; otherwise we would live only a very short time—perhaps not more than twelve years.

Vertical current and horizontal—where they meet they form a cross—and creation takes place.

A cross symbolizes creation. The universal substance of light flows horizontally around a planet —. The divine current coming down, being vertical |, meets the current + (forming a cross), which forms the heart beat. The two currents form the spiral. All action of energy is pulsation. You have only two movements, the push and the

pull, the two together make the spiral—which is an ascending action.

You can prove this law — you do not have to just take someone's word for it.

The Ascended Master Saint Germain has had a hand in promoting fruit and vegetable juices, as well as certain materials; for instance silk and now nylon and similar materials, especially for underwear. These materials have a tendency to give some protection against psychic forces.

More than twenty years ago the dictators of Europe were visited by the Master Saint Germain. All their guards and locked doors were no obstruction to Him. He visited them from time to time in an endeavor to get them to cooperate; but when they were determined to go their own way regardless, their own destruction soon returned upon them.

May 24, 1938, the opening day of class in New York City, the Masters established a rainbow of Rays from New York to Los Angeles, California. In late afternoon around the close of the first session, it was seen (and also reported in newspapers) that buildings of Manhattan were colored in purple, lavender, pink and their various hues. The Times Building was deep purple at the base with the color lightening to a shell pink at the top. That was an outer manifestation of the inner action of establishing the rainbow of Cosmic Rays, for purification and protection of our country. Those Rays completed the circle, going through the Earth from Los Angeles to New York.

A triangle with the point downward represents the down

pouring from the Presence; with the point upward it represents the up-reaching of the human. Together they form the six pointed star.

The Grand Teton, Mount Shasta and Mount Whitney form a triangle—three high mountains in America. They are connected with each other by underground passages.

By December 3, 1939, all discarnates and the psychic substance permitted by Law (one third), had been removed from the United States and some other parts of North America. And all that territory was insulated by a wall of light.

Thousands of men in the armed forces who were forced out of their bodies during the war (1942-45) in various parts of the world, especially in the Orient, when released from the body, straightaway came to America in their inner bodies, because their desires in the physical had been such. Of course they came up against the wall of light; and when they did so they were taken and escorted to the higher realms. That was permitted by the law because the student body was making the call and because of their own free will they had come over; whereas, if they had stayed in the atmosphere over the Orient they could not have been removed.

All of the discarnate entities have since been removed from the Earth. All have been taken from the "Sleepers' Realm", some had been there for a very long time. That is they were taken out of inertia and have been induced into action again. All have been removed from the "Compound" (so-called), and taken to Temples—school-rooms

at inner levels. They are all studying, making application and rendering some service each day.

During the year 1956 the light of the Earth expanded three times over what it was before. That great intensification was enabled to take place because the causes and cores of certain destructive qualities had been removed as well as the dis-embodied, through decrees and cooperation of some unascended beings with the Ascended Ones.

There is a true astrology based on universal or cosmic law, but that is not being taught in the outer world today. Present astrology is composed of some partial truths clothed with many human concepts and distorted into a theory which has caused many drastic actions and misfortunes to individuals. Since no negative or destructive force can leave the atmosphere of a planet or star, there is no bad influence from any star. That is a delusion in astrology which has caused so many failures; because the attention gets fixed on a negative or adverse aspect in the horoscope and such a suggestion sets the *law* into action to produce it. Certain conjunctions may intensify destructive qualities here simply because of a greater amount of energy, which intensifies the qualities that are acting here, but destructive qualities do not come from outer space. Why do people yield to astrology, et cetera? Because they think it brings food or shelter.

The Zodiac is an electronic forcefield around the Sun. It is not just a ring or belt but a sphere, like an orange with twelve sections. These sections are called the signs or houses of the zodiac. Each is composed of a different

quality; some specific quality. Each house (or section) is under the direction of one of twelve Cosmic Beings. The Cosmic Being radiates that particular quality out and it is absorbed by the planets, as each moves through that house in the ecliptic in its journey around the Sun, for a certain period which is (for Earth) approximately thirty days. These Cosmic Beings act as step-down transformers, Each for a particular quality, so that mankind, the angels, the elementals and all nature can absorb and utilize it.

Numerology likewise is based on principles and law but has been perverted. These as well as trance and hypnotism are connections with the psychic realm. Although many things prove out as stated does not make them universal *Truths* but facts set into action by human causes. Just because a thing comes from the unseen does not necessarily make it of spiritual value. Most predictions fall in this class also. By entering into gambling, astrology, numerology, psychic readings, automatic writings, mediumship, et cetera, one tunes in or connects with accumulated energy and records. It isn't so much that the person has a wrong motive because usually the desire is to help, but when one enters into such activities he connects himself with the accumulated inner forces which are not all constructive. If the attention were fixed on the I AM Presence, the God-active Principle in each one, to the same extent, they would draw forth eternal Truths and perfection.

The subconscious is the etheric memory — the records

in the etheric body of all past embodiments. When one is taken back into a former embodiment through hypnosis it may stir into action experiences and karma of that embodiment; causing the individual much distress and maybe more than he can handle. That would be a grave responsibility on the hypnotist.

Hypnotism is a negative action; the use of the law in a negative phase. Hypnotism is domination by mental and feeling force of another's consciousness. In hypnotic and trance conditions the individual's faculties are not under his conscious control nor a function of his free will. That is an intrusion on the prerogative of free will. This an Ascended Master will never do. Only by full use of the faculties under the direction of free will is *mastery* ever attained.

Psychic sight is only extended physical sight. It is produced or brought into action by a raising of the vibratory action of the optic nerve. The true spiritual or inner sight, the all-seeing eye, is not active in the average person because of the low vibrations of discord accumulated in the brain, which is of a slower vibratory rate.

The stream of energy from one's Individualized Presence of God, which is the light, the life that keeps the heart beating, enters the top of the head, goes through the pineal gland and pituitary body into the heart. Between the pineal gland and pituitary body this stream of light is interrupted or broken by the slower vibrations. When that stream of light is no longer broken and there is a steady flow, then the result is the inner sight, or all-

seeing eye in action. This can come about through sufficient purification. Also it is at times brought about temporarily through the assistance of an Ascended Master. In case of a blow on the head or in an accident when a person "sees stars" as the term goes, what happens is, the vibratory action of the optic nerve is raised and he sees into this ray of light from his Presence.

Projected consciousness is simply an expansion of consciousness enabling one to experience things at different places at the same time. In projected consciousness one can be at another place observing or doing things even while in the physical he is going about tending to his daily affairs. Usually to the outer consciousness that is done unconsciously; but it is possible and some do go in projected consciousness wholly aware of all that takes place, and at the same time are completely conscious in the physical body.

Projected consciousness is an action of condensing etheric substance. It can be so condensed as to form a vehicle (body) in which the outer consciousness can be conscious and manipulate in it. It can be made dense enough for a camera to get a picture, and even to a point where the physical sight can see it.

TWO PERMANENT RAYS

The Two Natural or Permanent Rays penetrating the Earth from almost exact opposite directions form as it were the axis of Earth. The one of masculine aspect (gold) enters in The Himalayas and that of feminine aspect

(pink) enters at Lake Titicaca in South America. Where they meet in the center of the Earth they fuse and emit light of a soft radiance. These are the Rays science knows.

People through the centuries have been magnetized and had the desire to go to the Orient, especially to India because of the masculine Ray being in predominant action there. That is one reason the ascension has been made mostly by men through the centuries; another reason is that the masculine element represents the mental phase of life, there being less energy to control than in the feminine which represents the emotional. The Ray of feminine aspect is now coming into more powerful action and in the future will be in predominance, giving assistance to those who are to make the ascension in feminine bodies. Those Lady Masters Who have ascended did have assistance from this Ray.

APPLICATION

SERVICE

SERVICE to life is harmonious action to life. There is no such thing as work. It is a privilege to keep life in action in the outer activity. Rejoice that you are allowed to serve life. You are serving your own life for your freedom.

People feel they are serving the Master. When they come into this understanding they want to serve the Master. That is well and good, but we are really serving life for our freedom. The opportunity to serve is simply the tool by which one can gain his freedom.

Service gives opportunity to balance what we have not done but should have, as well as what has been misqualified or done wrong.

We have a three-fold service: to the Presence; to the world, humanity; and to oneself.

If you have felt you wanted to render a service—now you have the opportunity in giving decrees especially in groups.

To do something a Master has asked for is one thing, but a thing unasked for is quite another.

GROUPS

Spiritual teachings through the ages have been mostly the accretion of knowledge and did not give a balance to life for what was received. Just an accretion of knowledge

is not enough; it is practical use of knowledge that is true wisdom no matter in what sphere one is operating. The instruction given by the Master Saint Germain is to produce WORKS, not only acquiring knowledge and working for individual attainment but while doing so putting into operation actions for the freedom of all mankind and the Earth.

Only within these past twenty years has such a balance been given; and that was done through the knowledge and activity of the students invoking the powers of light. They were taught invocation by issuing decrees particularly in unison, in group activity; there being more power in unified action, each having the combined effort of all.

Group activities offer opportunities and advantages not otherwise obtained. Many cosmic activities have taken place which were made possible only by the decrees given in large groups.

Group activities offer the most magnificent opportunity in the world. When you attend a group leave your troubles outside. After the meeting go home quietly, joyously, and hold the radiation.

The energy released in songs, decrees, visualization and contemplation in group activity is amplified by the number participating. It is a good way to quickly balance our account back to life.

Through decrees we can contribute energy from the physical realm which is taken up and used for the specific purpose to be handled. Great service is being rendered by

amplification in group activity—we have a combined power of the group. The same principle applies in pushing a car or lifting a weight; two people each pushing on his own car may not move it; but when both push on the same one they have enough power to get results. Besides that, in group work the effort of each individual is amplified by the number in the group, which equals or amounts to the same as if each individual gave the decree as many times as there are persons in the group.

Through group activity much assistance is given to the locality. Much of the daily mass accumulation of destructively qualified energy can be transmuted and released which helps in keeping the atmosphere more pure.

Using "I AM" statements in groups, the cooperative action of students working from the same principle blesses *all* students because the I AM Presence is in each one.

One-third of the energy must be released from human beings in the physical realm by self-conscious effort; two-thirds of the energy will be supplied by the Masters.

Sixty per cent of the energy released in calls (decrees and songs) for mankind stays in one's own world, and goes into the Causal Body; forty per cent goes into service.

In groups it is best to sit with hands and feet uncrossed, to receive currents and let them freely flow through. Crossing or touching hands, knees or feet neutralizes the action. The receptive way to sit is with feet and knees a few inches apart, hands on knees with palms up; palms down for giving. There is also the action of receiving and

giving, with left palm up and right palm down. When standing to make application stand with feet about four inches apart.

You can't give that which you do not possess. You may know of a thing intellectually and can convey the idea (abstractly), but can not give the quality, which is *feeling* —like an excellent music teacher conveys the feeling of the music to the pupil; he (the pupil) may be able to read the notes but that is not enough. So it is with this instruction. Those who have had the training and sat in the classes, especially while the Masters gave the dictations or addresses, have had implanted in their consciousness, especially in the feelings, the Ascended Masters' Consciousness, the substance of light given through radiation.

SUSTAINING POWER

Human will can never permanently sustain anything, although at the beginning it is the outer will acting; but the Presence is the only permanent sustaining Power.

Not one thing can be sustained without your own effort—your call to the Presence.

Call to have decrees sustained. To have them sustained one must stand by them by refusing to accept doubt or fear or any negative actions. Such actions should be repelled by creating and holding an attitude of non-acceptance in the feelings. One can then call the Presence into action to transmute them.

Why is there the need to repeat decrees when we have

asked for them to be sustained? Because we do not sustain them in our consciousness, especially in the feelings.

When we have radiation from the Masters, the reason we don't sustain it is because the substance from the outer world moves in on us again. The actions of light are only sustained by attention. In the vision and feeling (desire) is the self-sustaining power when one can but be conscious of it in his use of them. This is an action of the Presence, when the Presence again controls the individual's thought and feeling instead of the outer self. Then to know the Presence is the only way one has a sustaining power. Everything that you gain in your call to the Presence is a permanently sustained thing. It is one thing to know a thing in the intellect but to *sustain it in the feelings* is quite another matter.

After giving a decree, one can say to the Presence: "Keep it sustained and expanding in Thy glory and perfection."

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Everything in life is application.

This understanding of the Law—the use of the Sacred Fire which the Cosmic Law has at this time permitted the Great Masters to bring to the knowledge of the people, the masses, enables one to begin to make conscious application which brings results, mastery. This application of the use of the Sacred Fire is practical. The law does not apply itself. One must apply it to get results; just wishing won't do it.

The words "I AM" as used in the English speaking

language (not the equivalent in some other tongue), should always be used for greatest results.

First it is necessary to call forth protection against wrong vibratory action, which is about us all in the very atmosphere, especially in large cities.

In your application you alone can win the victory. Mastery is only gained through self-conscious effort. Your effort is in your attention and application.

Take certain application and hold to it so as not to lose your centralized focus of power.

It is not possible to transfer from one to another what one's own application must release, no more than one can eat for another.

Your effort is the commanding presence of life — the lesser life calling to the greater Self of life.

Mankind having turned away from the light, the law demands self-conscious effort on their part, to again return and attain their eternal freedom.

This application is much more efficient than prayers. Prayers are usually supplications to an omnipresence, whereas decrees are acknowledgment of the Presence as the acting intelligence which is all power and authority. A decree is commanding the powers of light into action. There is a big difference in the feelings and a tremendous difference in the release of power, and this is what brings results.

You have to make your maximum effort, then assistance can be given.

What is your application—your incentive to make ap-

plication? It is your light; desire is God in action; but desire qualified with human quality becomes human desire.

Your application brings forth power of light.

Always give first and most love to your own Presence. When you put the Presence first and foremost in all then the things you require are at hand.

Your call to the Presence is the key that releases the light. Pour love to the Presence, that is the golden key that opens the door.

Every time you think of the Presence feel that inner happiness pour out.

Try to get the consciousness of the "Presence" being the doer; in everything you do acknowledge the Presence doing it; giving conscious recognition to the Presence doing everything through you.

Practice definitely three times a day, accepting for a few minutes the perfection of the Presence.

Students must come to feel more secure in their application.

Contemplate the Presence (as diagrammed) at night. Keep feeling *It* is your power.

Individually and in groups be conscious of being encircled in blue flame as you do your application.

You should be so firm that not once does your feeling waver from the time of making a call until its manifestation. When you start to make your calls, stand by it until the answer comes.

When making application remember the imperative need of firmness; firm, determined, unyielding application and

acceptance. Abide in the activity, in the wisdom of the Presence.

You cannot be half-way about a thing and get results.

The difference between repeating a decree and one of instantaneous manifestation is that by repetition one gains conviction in the feeling and a momentum, which students in the outer world now starting to apply the law will have to gain; while the one who has instantaneous results has already the feeling and momentum and gives decrees only when the action is required. You must be sure in the *feelings* that the Presence is the doer, for results.

People ask, "Why the need to repeat decrees?" Think! How many times do you suppose one must have repeated negative and wrong words, statements and acts to produce the conditions from which he now seeks relief and freedom. Now we have to repeat day after day to build a momentum that will eventually overwhelm and transmute the wrong conditions. Momentum is a tremendous thing.

In the outer how are laws made? By talk, talk and more talk until results are secured (for instance, by Congress).

Through negative expressions mankind have created their limitations and distresses.

Disease, limitation, imperfection in one's world is energy definitely qualified and you have to *command* it to change and *be* perfect.

Issuing a decree three times is to penetrate the mental, emotional and physical planes, one for each.

We can also call to the Presence to charge forth the

decrees we have given once every hour; or twice every hour.

When you have called the Presence into action, be alert for promptings (in feelings) and then act. An impulse is not always from the Presence. If it becomes stronger as you give attention to it, then it is; but if it doesn't then it is not.

When your heart prompts you a thing is wrong stand by the warning if the heavens fall.

Premonitions may be a prompting from one's Christ Self or from a Master. When one has a premonition that does not mean it must take place; but it is brought to his attention so that he can apply the law, transmute it and avoid its unfavorable action.

In application, for results there is need of complete co-operation in the feelings to the Presence. See that your feelings follow your attention in your call to the Presence. In application one must compel the *feelings* to follow the attention—be sure the heart is acting instead of just the head.

In one's application some decreeing is essential, as it creates a positiveness as well as records it in the ethers.

Real application is not just saying words, giving so many decrees; one must *feel* it, or that energy will accumulate into thought-forms which some day must be transmuted. We must watch that we do not get into a state of consciousness just making calls for release of energy; but rather to make a call to have the action. Just

decreeing takes one up to a certain point, but one needs to do more than that—one needs to follow through. The first is a matter of energy released from the human side without enough love; the second is in making the call, holding the picture, and, by enough feeling of love activating the flame in the heart that gets the response from the Presence and Host of Light. When this is or can be done there is much less calling required and one *can* have instantaneous results. Then we should cooperate with it by the outer self, in the physical world.

When we stop giving power to appearances, which is human creation, we will have results. If we struggle, we will not have results because the attention is on the wrong thing. Give your Presence the reins instead of you holding the reins yourself. When you become tense, you are trying through human force to drive the energy.

Just an awareness of the Presence and of actions of the Sacred Fire is not enough. It takes application and sometimes one has to be very dynamic to win one's freedom and gain the ascension.

You know all in life is application. We (mankind) got into these very dense conditions — now each one has to make some conscious effort to free himself. Never in the history of all the world has there been such assistance and opportunity given as at present. The part of wisdom is to take advantage while it is here—as it will not be for so long.

Application is the power by which means the law is

proved. Application is the way the Masters prove the law. Call to your own individualized God Self — the I AM Presence.

Form habit — that the moment you haven't something to do your attention goes to the Presence; pour love to It.

Rest within the Presence — one can visualize the Presence behind him enfolding him or feel Its arms around him over the solar plexus.

Remember always to remain humble. Constantly remind the intellect that the Presence is the doer. Humbleness does not mean compromise with wrong or human conditions; but humility before the Presence of life and the Great Ones.

Never justify your mistakes or anything that is wrong. Never be unjust even to an enemy. We should not ever defend a thing that is wrong—if it is creating inharmony then it is wrong.

When making rhythmic application the Ascended Ones will amplify it with Their rhythm.

Do not yield to the appearance world or to the suggestion that you cannot make sufficient application.

To handle very destructive forces we need more than the outpouring of love, we need wisdom and power too.

When you start application for something shut out the appearance world. When you are calling for release from, or correction and perfection of a condition and continue to listen to or discuss discordant conditions, that will annul it.

Keep guard up — Pillar or Tube of Light and a con-

scious command that the light transmute all not of the light that touches your world.

The phrase "You have no power" releases such a current of energy that nothing can stand before it.

We can call to the Presence of God to make us sensitive to It and Its direction.

Your call is the open door. Keep reminded that every call that you make to the Presence is a power released for your freedom — your victory.

Your outer application is the only thing that will make this a permanent thing.

Be fearless in the Presence of light. Just see Its mighty power go before you dissolving all not of the light.

When firm and determined with no unkindness you can compel inharmony about you to become harmonious.

Practice the Presence — call forth, set into action the Presence in every detail of your daily life; accept and expect Its response. When a person orders a dog out of the room, thoroughly meaning it, the dog acts; but if there is any feeling of questioning as to whether he will, very likely he will not do as you say.

All decreeing should be done in a firm positive manner but not with exertion of human will. Then when you give decrees the stream of light from your Presence is being qualified constructively.

Once you can feel the power of a single decree in its action you will never be limited.

Your victory is in your every call.

By the decrees you are setting the greatest law in the

universe into action. In decrees — in making those calls you gather power. The power of the universe rushes forth at your call. You have this limitless energy, every time you issue a decree you release it.

Your Presence must have a certain amount of energy released from you which It can amplify and do the thing for you; answer your call.

The release of your energy through your atomic structure is necessary for the Masters to have, to give protection to you and America. It is not only the call that is necessary but the energy released from the physical bodies which makes the connection. The Ascended Ones amplify that energy and use it to fulfill our calls.

Why do we give decrees? We have to fill the Causal Body and the quickest way is to work for the millions— all mankind.

Your call to the Presence is a signal to release energy. Why do the Ascended Masters respond to your calls? Because that is the power of your life that is calling.

You are now beginning to return to life something It has given you.

When you give a decree—while you are decreeing keep your feelings positive.

The world of action is so important, it should follow contemplation.

After the cyclic moment passes then individuals will have to make the effort alone; now they have the cooperative effort of all students' decrees.

The need today in America is to get students who stand

staunch in making these decrees. The Master Saint Germain said, this help (issuing of decrees) was what He has needed for two hundred years. Through the decrees there has been done what has not been done by anything else in two million years.

In decreeing when you have understanding and comprehension along with it, brings much greater results, although one can get results even by just calling and using the words "I AM", because you are doing it through the Presence.

In 1938 it was said by One of the Great Ones that ninety per cent of the destructive intent on mankind may be avoided through the issuing of decrees by the student body. It is this understanding and application of making the calls—issuing the decrees—that has been required through the centuries.

Making I AM statements is calling into action the intelligence that should act in and through you, and which originally did. It is not mesmerism or self-hypnosis. Each cell is intelligent and you are speaking to them to produce or take on perfection. It is through the same procedure but by using negative statements that imperfection, limitation, discord, distress, and so forth come about.

Cataclysmic activities as well as the coming forth of many marvelous things, has through the past twenty years and still does depend much on the students who know the *law*.

All who give these decrees—are recorded in the light as willing to serve mankind and the world.

The opportunities at hand are not only the ways and means to purify and perfect ourselves but to call for and set into action dispensations and activities that free all mankind.

By calling for the many our calls are amplified and multiplied that many times, enabling us to render a balance in a much shorter time. Decrees are amplified because the Presences of each are all ONE—in action.

When an individual renders service to the many, assistance can be given him that is not otherwise possible, to transmute his own karma and gain his eternal freedom.

By application is meant to call the Presence into action daily and live accordingly.

Application is a three-fold activity. It should consist of: 1. Reading, studying, getting understanding. 2. Decreeing — which includes singing. 3. Contemplation and silence. We shall use the word contemplation in preference to meditation. Meditation to most people denotes a stillness, an inactivity, therefore producing a negativeness. Contemplation denotes a stilling of the physical and outer activities and of the inner bodies but with a mental alertness; one can have intense inner activity. Contemplation is action.

SILENCE

In the Silence is the energy most concentrated.

When you call forth the great Silence, feel and know that it is Cosmic Light Substance. It is substance from the Central Sun charged with Ascended Masters' perfection—blazing white light.

The Silence is—the power of light and love of the Earth. Then, as spoken of previously, there is the Silence of our system; and the great Silence of the Central Sun.

Feel it (Silence) all through you, focalized in the center just at the right of the heart—the pivot of your body. Be *still* and know that "I AM".

To enter the silence the emotional body has to be stilled as well as the mental activity.

The Presence is within (about 10 per cent, in the average person), but the greater part of It is above. Learn to feel—be at-one with It. Turn the attention to the flame in the heart, then in consciousness go up that ray of light to the Presence. Feel a closeness with It. Then feel the points of light in every cell of your body connected with the points of light in the Christ Self (or Electronic Body of the I AM), connected as by a thread of light. That will give you a feeling of closeness, at-one-ment.

Still yourself for a moment. Give your attention to the Presence, focus the attention on the flame in the heart, then up the ray of light to the Presence. Now feel yourself in consciousness in the Christ Self and give decrees from there. Eliminate consciousness of the physical body as much as possible—it is just the connection to the Earth.

Hold your hands up to the Presence as if you took substance from It, then on the word "charge" bring the hands down at your sides, and say: "My Magic I AM Presence, charge me with Your Herculean strength, energy and courage."

These are first steps for use in your daily application.

One should make certain definite application the first thing in the morning before contacting the outer world activities, at night before retiring and at noon if possible. Also do so whenever the need arises, or better before hand if known ahead. Always try to still yourself first even if just for a moment, give recognition to the Presence being there above and anchored in the heart. The more you can feel that the greater the results. Then issue the decrees.

You can intensify the release of energy. You can experiment. Try to accept the Individualized Presence as a Being of blazing light above you. Like a loving father ready to answer your every call, willing to give you anything you desire for good.

Picture, visualize and try to feel the reality of that Presence above you. It is connected with you by a ray of light, a stream of energy that flows into your body through the top of your head. Now give your attention to and pour your love to that Presence. You can speak the words "I AM" three or seven times which intensifies the release of energy. Many have been able to feel a warmth on top of the head, by placing the hand there.

When we call the Presence into action it is always a balanced activity.

Great Beings came forth at different times to give assistance. On September 21, 1938, the tide of destruction was stemmed in Europe. All this was in answer to the students' calls; just their life set into greater action.

In the Bible it says to call unto Me and I will answer

thee; but people haven't understood enough about how to call. Now that "Me" refers to whom? That means your own Individualized I AM Presence.

The use of light—the law is the great need of mankind today.

Use Ascended Master Consciousness. You are in either one or the other, in Ascended Master Consciousness or human consciousness.

Before you ask anything from the Presence send love to It, a golden pink flame. That is the golden key that unlocks the door.

Power of light is the only thing that can consume or stop human action.

Life only releases to us what we call for, or call forth.

When giving instruction—one can by inner recognition and love to the Presence of the other individual, and calling It into action, activate the outer consciousness into acceptance and comprehension. This one could not do before having the knowledge of the Presence.

Inner realm signifies the uncalled energy and activities. To claim a thing up there (in inner realms) that is not yet down here—you are not lying or deceiving yourself. When you decree for some specific quality prefacing it with "I AM" and you are not outpicturing that quality as yet, you are not saying a falsehood because the I AM Presence to which you are calling is that quality and when we speak the words "I AM" more of Its energy is released to us.

Destructive qualities such as jealousy, criticism, condem-

nation, etc., must be balanced in the human realm by refusing to let them act in your world. It is necessary to take your stand against them. You can withdraw all energy from them, purify it and charge it with love, kindness and achievement of any description.

Problems have a two-fold activity. If you yield to them it is an excuse to keep you bound by the human; if not it is a victory for you.

A call is not just so many words or an intellectual thing but your *feelings* must follow your call. That is what brings results. Often the intellect makes the call but the feeling is still giving power to appearances. In this case say to the Presence, "You command my feelings to agree with this call."

It must be understood that the Presence is the power, the doer, and not the outer self. And that whatever power is needed can be released from your Presence at any time. Call to the Presence and the Ascended Master Saint Germain or some other Master to make you FEEL this.

Your call to the Presence requires your earnest, sincere effort at self-control. Why? Because you are the one that got out of order—the Presence is all right.

Withdraw all feeling that outer things can give you more than your own Life.

When you call the Presence into action It does it right then.

Responsibility—all belongs to the Presence.

In the call, just feel the joy of greater outpouring of the Presence. The greatest thing is to just want the Pres-

ence — the fullness of the Presence. Love, adore and fill yourself with Its pure substance. To have the fullness of the Presence we must become cognizant of little things we thought were not important.

When you call the Presence into action there is nothing that stands between you and Its accomplishment. The main thing is to perfect your own world. Perfection comes through action. We should become so we can BE in the world but not of it.

It is by use that the outer is reminded of Its (Presence) authority.

Whenever we make a call let us realize that that call will be answered in the wisdom of the Presence.

Practice definitely three times (if possible) a day—accepting for a few minutes the perfection of the Presence.

Issue decrees with full feeling with no wavering or questioning as to when they manifest.

At night pour your gratitude to life for all the magnificent energy you have used through all life-times.

Pour love to the Presence—make the call and visualize.

We must watch so as not to use energy carelessly, needlessly.

Ask your Presence to still, to stop all wrong qualification and fill you with Its perfection.

Lazy means a lack of use. We must use, practice the Presence. Just to come into the knowledge of the Presence is not enough.

Students do not doubt the power of their Presence but many do doubt their own ability to call the Presence into

action. There is not one thing uncertain in your world when you can have the assurance that you have the ability to call your Presence into action. When you call in love and blessing your answer must come.

When you call to the Presence it is the power of light that comes forth. Feel a definite power of light released. It has no opposite. In your call is your answer. When you feel a call is not answered, think! After many centuries of misusing energy can we expect it all wiped out at a few feeble calls? It is a case of energy against energy, and too, the Presence must have proof that you mean business. Overcome feeling that a decree has not been answered. In analyzing the feeling you will find there was a questioning. A person often questions when a decree is not fulfilled as he thinks it should. There may be far more involved than the outer consciousness has any idea of. However, the action goes on according to the sincerity, intensity and amount of energy released by the person. A sincere call that is not re-called by you, will go on and on and on until one day it returns to you. A questioning is a little doubt; and doubt is a lack of confidence which is a reaction or an annulling action of your consciousness. This takes place whether you are aware or unaware of it. Such a thought or feeling would be a recalling of your decree. Even though it is accepted mentally there are many times when it is not accepted in the feelings, unknown to the outer self.

You may call to the Presence, you may decree, but if you don't cooperate with your call and harmonize yourself how can the Ascended Ones give assistance? To just

decree is not enough, one must accept it. Only in obedience in your feeling can the light take command.

When you call forth light and power from the Presence, call forth courage, strength and protection to balance it in the physical realm.

It is light you are calling forth and it knows no opposite.

If you awaken in the night ask the Presence what It wants you to do. Often you come back to do or finish some work you have been doing in the higher realms.

When you will trust your Presence you will have every good thing. A trust is a knowing—knowing that the call could not be *not* answered.

When you call the power forth you have to balance it in the human realm. As you call the power of the Presence into action you must balance it here by self-control. You have got to make an effort at self-control.

Self-correction is one of the greatest steps to mastery.

When you have a decision to make go by yourself, out of everyone's aura, and get quiet. Do not act until you feel completely settled in the feelings.

When reading this instruction, charge yourself with Ascended Masters' perception and comprehension.

You have the same authority to call for perfection for another as for yourself.

When you call forth a blessing to others a ray of light or a flame goes forth from your I AM Presence.

Feel in the slightest things that you are dealing with the infinite powers of the universe — qualified energy.

When a call is not answered, look in the feeling world,

for the cause. If a thing is according to the divine plan and you have made the necessary application (have done your part), then if you can relax and put it completely in the hands of the Presence—the Law that created and sustains the universe, it will manifest. When one knows all belongs to God—and he is only custodian of it, things will manifest. Do not strain or struggle for things to come forth in the outer.

Within every human form is the greatest attractive force for all good (things to you).

In order to have the fullest results to your calls you must have control over your body.

When using the Violet Flame—then call to the Divine Director to set aside time and space and see the results.

Life asks only one-third and the Ascended Ones will give two-thirds of the energy, which is Their blessing to set you free.

How necessary it is to specify in your calls!

Problems cause one to make sufficient application, so that he will have power enough to make the ascension.

Charge yourself to awaken in the full power and vision of the Presence, and Its activity. On going to sleep feel every heart beat is charging its perfection into every cell.

Before going to sleep call for the Christ Self to charge Its mighty energy into your physical body. During sleep there is no outer resistance. In the morning one should be happy and glad to get up and use that energy. Charge yourself to bring back that substance, that essence of the Christ Self, while asleep.

Always ask the Presence after you have made an earnest call to stand guard over that, so that nothing but good enters in your feelings.

When you have disturbing thoughts, visualize the luminous Presence on everyone you meet.

Visualize your head filled with blazing white light, like the sun so bright you can hardly look into it—then expand it to the body, expand it to fill the room, locality or city, then to America and then the world—you standing out in space watching it.

Visualize your heart a golden sun, then expand it till it fills the body, again expand it to fill the aura. One can expand it to fill the city or locality.

When you are waiting, feel the body become golden substance and turn into metallic gold. Feel yourself a sun radiating. Another profitable activity you can always use is the Transmuting Violet Flame.

Hold definitely the picture of what you require. You have to hold the form (thought) until the substance fills it.

Light substance obeys the Ascended Masters so completely that it condenses almost instantly into the pattern, the thought They hold.

Whatever you want visualize it coming from the hands of the Presence before going to sleep.

Meditation—on the forehead see a jewel of light—the seven-fold flame of the Seven Elohim—then place the attention in the heart, and follow up the ray of light to the Presence.

Call to the Presence to cut you free from every person,

place, condition or thing. And from every person who owes you anything. Let them balance it to life. Call on the Law of Forgiveness for whatever part you had in it. When one is swindled, or caused to lose money or property, call to the Presence to balance it back to life. And of course you can be supplied through other channels.

For prosperity bless the channel that gives you a blessing. To the degree that you pour out light and love will your door open. To have all the money you require — call the Presence into action, keep the feelings harmonious, bless everything and don't remember the things of injustice, and so forth. Close the door to that.

When attention reverts to appearances you are giving more power to limitations than to the Presence.

For money supply—first one has to want to serve the light more than anything else, and not just ask for one's self.

To all requirements stand unyielding—one can say "Here now, my attention doesn't belong there (on pocket book or lack) it belongs up here (Presence) where the supply is."

At night—bring down the hands over the body and strip it of all substance accrued during the day, commanding it to be transmuted.

When you require a certain amount of money visualize the amount of money before going to sleep.

Put a wall of light around your money, supply, business, and so forth. Visualize Violet Flame transmuting in and about it anything that is imperfect.

Be careful when calling for things. When one calls for the fulness of the Presence then the things are sure to come.

In making calls be sure to use the expression "I AM". It is well to precede or begin a statement with "I AM".

Repeat "I AM", which is the signal for concentrated action at that point of the universe.

You can charge yourself with any constructive qualities. You can call them forth in two ways, either—"Beloved Magic I AM Presence, charge, charge, charge me with Ascended Master freedom; (or joy, happiness, purity, harmony, victory, accomplishment, etc.); or you can use "I AM Ascended Master freedom", etc. "I AM" followed with some specific quality does qualify the energy released with that quality. Whatever constructive qualities are called forth from the Presence are not from the outer. Call these qualities into your being and world. To have harmony or peace is not just an action or an attitude of not fighting; but to actually draw and have released to you a *substance* of that quality from an Ascended Being.

To focus light rays into a place or condition do not attempt it until you get the feeling and know it is sustained. The first time it is established; next time is not an establishing but an adding or/and intensifying.

In the morning or upon arising one can greet the Presence with: "Beloved Magic I AM Presence, I accept Thy eternal existence and shining glory. And now make Thyself manifest through this outer form."

You are a point of focus of the Godhead here on Earth.

Say in the morning: "Beloved Magic I AM Presence charge me with your limitless energy and let Your radiance pour out through me everywhere."

Beloved Magic I AM Presence charge me with the full discriminating selective intelligence of my Christ Self (Higher Mental Body).

Beloved Magic I AM Presence, make me feel the kind, the right application I need to correct this (certain condition or requirement).

To discord one can say, "Beloved Violet Flame seize that thing."

To the appearance world say and feel it, "You have no power, get thee hence, 'I AM' the victory of light, 'I AM' that light."

To the human say: "Suppose I have created you, I say to you, you have no power. I, Christ, the I AM Presence, say to all human creation, STOP! you have no power!"

Every night before going to bed say: "In the name of my I AM Presence and the Ascended Masters I say to all human creation, 'you have no power'."

That phrase "You have no power" is a command; you have to gain a momentum so that when you say it, light blazes from the hand; it can become strong enough to knock over a flat building.

Before retiring raise your hands (privately) to the Presence — feel with great intensity every limitation like a garment falling away, feel it being released from you and transmuted in the Violet Flame. You will feel a greater happiness.

When some wholly destructive thing acts, you have to use the powers of the Presence which is force — enough energy — to shatter that.

When you are suddenly confronted with discord, or some destructive activity the thing to do is to instantly make application — call the powers of light into action. Be sure to first, in thought and feeling, take command of yourself. Still yourself for a moment, give attention to the Presence, visualize and be conscious of your protective Pillar of Light about you and within it the Violet Flame; then make your calls. The important point here is to have the attention on the Presence and powers of light and not connected with the discord. Otherwise it will flow in on you on your attention.

Watch that you do not carry physical energy with it, when you get dynamic.

When you contact disturbance or meet a person unkindly towards you, call the Presence into action to envelop you with Its divine love; also the other person. Say to the Presence: "Take my attention and feeling off of it." To hold harmony and one's own peace one must not allow his own energy to tie in with discord of others no matter what it is.

Ask your Presence to stop all wrong qualification, and fill you with Its perfection.

"Beloved Magic I AM Presence take out of me all atomic consciousness and replace it with Ascended Master consciousness."

"Beloved Magic I AM Presence keep the door of my

feelings locked so that I do not accept knowingly or unknowingly any discord." To close the door to the feeling world draw in the diaphragm, hold it there.

Call to the Presence to take out of you every undesirable accumulated feeling that might be there; also all capacity to create discord or any imperfection.

Call on the Law of Forgiveness and ask the Presence to charge you with Its forgetfulness of anything or all not of the light.

When you sense something wrong say: "Beloved Magic I AM Presence, shut the door against that, I call on the Law of Forgiveness, You transmute it, cause, core, record, effect and memory and keep my feelings harmonious."

Always call for cause, core, record, effect and memory to be transmuted of destructive activities and wrong qualities; and to root out of the inner bodies the cause, core and record.

Call to the Presence to cut you free from every wrong desire. "Beloved Magic I AM Presence take charge of my desire" (for this food, or whatever it is).

Say to human creation, "No longer do I yield one moment's power to you."

Train yourself to look upon a discordant thing and say: "You shall not enter my world," or "You shall stay out of my world."

In emergency if one would get still and say: "I AM, I AM, I AM," he could be given protection. In case of distress or a sudden occurrence or contact with destructive activities when one needs to do something very quickly

and does not have time to think, one can just repeat the words "I AM" a number of times; or the phrase "The light of God never fails." This latter phrase is a statement or distress call which is always answered by the Brotherhood.

When you feel disturbed call to Jesus or some Ascended Master to blaze through your mental and feeling worlds Their feeling of the Transmuting Violet Flame.

Morning and night and whenever you contact discord, charge your mind and body with Ascended Master feeling of mastery, strength, courage, purity, and so forth. Visualize your body crystal clear, blazing white.

Beloved Magic I AM Presence while my body sleeps show me the clear definite solution (of this).

Beloved Magic I AM Presence, take command of my mind and body, place me in my right position where you want me to be. Beloved Magic I AM Presence, I call Your wisdom into action to make the right choice.

Beloved Magic I AM Presence, You place me in my right avenue of service and see that I serve perfectly. Put me in my perfect avenue of service always supplied with what is required.

To let the Great Ones help you more, call them to charge you with discrimination—to show you what to do and make you do it perfectly. They can take that and amplify it back to you.

Beloved Magic I AM Presence, take command of my attention and see that it is God-controlled.

Beloved Magic I AM Presence, charge my clothing with

the full activity of the Transmuting Violet Flame, keep them spotless and wrinkleless.

Wash the brains with Violet Flame; flood them with light. Charge yourself with the All-knowing mind of God and Ascended Master Consciousness.

Daily before retiring we can say: "Beloved Magic I AM Presence, make my body and bed a great mass of Violet Flame, take out all unnecessary substance and misqualified energy."

Beloved Magic I AM Presence, while this body sleeps see that I render the greatest service of which I am capable through my own Christ Self.

One can charge himself with Ascended Masters' golden voice in both speech and song.

Call to the Presence to charge you with Its perfect feeling, Ascended Master Consciousness and directive Intelligence.

Charge yourself with concentrated alertness. Charge yourself with full power of cosmic divine love. Charge your day with happiness.

Call to the Presence to establish pillars of the Transmuting Violet Flame in focuses of destructive activities.

Charge the water you drink with Ascended Master Consciousness and Substance. "I AM the Presence charging this with Life-giving essence which I absorb and which renews my body with perfect health and eternal youth (and beauty). Lord Neptune, charge this with Your Precipitated Light Substance from the Ascended Masters' Realm of Light."

See a cross of blue flame on all sides, on top and un-

derneath your automobile (or vehicle of conveyance), for protection.

Beloved Magic I AM Presence, Ascended Masters, Cosmic Beings and Legions of Light, seize, hold inactive and transmute all wrong thought-forms, human concepts, opinions, blame and all carnate entities in or around me, my world and affairs; also in and around all in governmental positions and all individuals with destructive intent, and in and around all mankind. Replace them with Ascended Masters' substance, illumination, love, right desire and action. (See page 202)

By daily use of this decree, by this service to the many, it can be the open door that permits the assistance of an Ascended Master to cut one free from his own human creation and enable him to transmute it.

Visualize and call to transmute the energy in the gas belts into golden flame of divine love; then into pure metallic gold.

Every night ask to go to a certain Temple of light and that you receive whatever instruction is necessary for you and bring back the conscious memory of it.

When you seem not to be getting the required results, say: "Beloved Magic I AM Presence, what should I do to get results more quickly?"

Beloved I AM Presence, I accept Your perfection and You as the directing intelligence.

"I AM" is the victory of light for you each one.

Beloved Magic I AM Presence, keep my body and world fully charged with Ascended Masters' feeling; or — You give me the full Ascended Masters' feeling of this.

I AM the full revelation and use of all the powers in my use which "I AM".

I AM the full outpouring of divine love that transcends every human concept.

In the name of the Presence which I AM, my feeling world has no power to accept anything but perfection.

Through breathing one can energize oneself, as well as draw in special qualities on the breath. Breath is a conductor of life force, not the life itself. When a human being ceases to breathe it is just a disconnection and not making that one non-existent; for that individual life still exists.

It is well to do some breathing exercises each day. Mankind need to learn to breathe in rhythm and instead of short breaths take deep or long breaths and in rhythm. Inhale for a certain length of time, six or eight counts; hold breath within for the same length of time; exhale for same length; then hold it without for equal length of time. For some the last quarter seems the most difficult. To make it easier, do not exhale all of the breath but hold onto a portion of it, for the last section of the exercise. To start, take it at whatever length of time that is comfortable; and gradually lengthen it.

You can call for a Three-fold Flame to enfold you. Visualize it larger than your physical body; with the golden plume in front, the pink at the right and blue at the left; the pink and blue plumes coming together at the back, the three forming a circle; you standing in the center. Then visualize the Three-fold Flame in the heart

expand until it becomes one with the Three-fold Flame without.

Visualize the Seven-fold Flame of the Seven Elohim around you; like you standing on a disc two or three feet in diameter. Then a larger disc or band of about one foot outside around it; one after the other in order of the Causal Body, until you have each of the seven colors.

When you want to anchor or retain something in consciousness it seems to help by writing it down.

Writing makes an etheric record (especially when ink is used); by the effort or expenditure of the energy it takes, you release an essence. Do not write what you do not want to record or to be fulfilled.

Another action — write decrees in ink, keep over a period of twenty-four hours and then burn. Twenty-four hours is a cycle. This makes a record in the ethers and will outpicture. When you burn decrees say: "Magic I AM Presence, by Your power of Your Flame bring this into physical activity and manifestation," or, "I release this into the Three-fold Flame; do Thou fulfill this decree."

Be very careful of what you make a written record of unless you want it fulfilled.

As we utilize what we have been given and according to what exent, is more knowledge and power given us.

Get into action—work in, with and for the light.

Knowledge of the Sacred Fire and of the Law is not enough. APPLICATION — *using* it is ALL IMPORTANT!

Take all individuals who pass on out of the atmosphere of earth as quickly as possible, and into the Realms of Light and Temples of Learning. Seal each one in the Fiery Purple Heart of Saint Germain.

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